



On Being Human: An Operator's Manual

David V. White

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If you have asked yourself questions like "How should I live?" "On what shall I base my decisions?" or "What is truly important?" *On Being Human* will be a source of help and guidance.

Modern thought tends to divide life into categories, but in the process of living, all the currents mix and mingle and worthwhile answers only come from finding a harmonious relation to the whole. Seeking holistic understanding, this book ranges through psychology, art, science, religion, relationships, culture, mythology, philosophy, and the world's wisdom traditions.

Although no one can be expert in all these areas, the living of life does not offer the choice of avoiding any of them. Whether expert or not, each of us must come to terms with the full scope of human questions, emotions, and possibilities. This wide-ranging book will provide assistance for those who wish to bring all these currents together in a coherent way.

Retiring at the age of 35 after successful involvement in business, politics, and education, David began to consider more carefully what was truly important in life. Following several years of study, travel, practice, and experiences of many kinds, there came a deepening sense of what it means to live a human life. His understanding developed further through dialogue with hundreds of participants in seminars and workshops he presented over the past twenty years. In this book, he shares the insights gained in these years of personal exploration and exchange.

Recommendations:

"We get thrown into life, and end up in the most frustrating places! Why don't they give us a road map for how to be a human being?" In my psychotherapy practice, this question arises often. In *On Being Human: An Operator's Manual* David White tackles this very problem. He takes the big questions about what it is to be a human being and renders them into a language for today. Questions about how to live a fully expressed, moral, and rational life have been the domain of philosophers, theologians, poets and psychologist since the beginning of time. Gently, with humor, intelligence, and understanding, he takes the big questions down from the "Ivory Towers" of the wisdom traditions and translates them into this useful and very readable book." -- Bonnie L. Damron, PhD, LCSW, Archetypal Pattern Analyst

"I have followed David White's work for more than a decade, and have attended many of his lectures and participated in several discussion groups he has organized. What makes this book unique is that it presents a cohesive, wonderfully-crafted summary of more than thirty years of reading, introspection, and inner work. The book will be invaluable to those who are either beginning, or have already embarked on, a journey of self-discovery." -- Rafael C. Gonzalez, PhD, Distinguished Service Professor, Emeritus, Electrical Engineering and Computer Science Department, The University of Tennessee, Author of the best-selling textbook, *Digital Image Processing*.

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Leslie Yazzie:

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