

How To Stop Worrying by Alan Watts (Video)

Source: [Tragedy & Hope](#)

Alan Watts sheds some light on the habit of worrying. He says that many people devote their lives to keeping their mind busy, so they don't have to be with themselves. Many people, Alan believes, are addicted to compulsive thinking, and must stop it if they want to be sane.

So how do you stop thinking? Alan says:

- 1) Don't try to stop!
- 2) Leave the mind alone – and it will quiet itself.