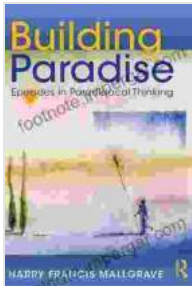


Building Paradise: Episodes in Paradisiacal Thinking



Building Paradise: Episodes in Paradisiacal Thinking

by Harry Francis Mallgrave

★★★★★ 5 out of 5

Language : English
File size : 16556 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 307 pages



What is paradise? Is it a place we go to after we die? A state of mind we can achieve in this life? Or is it simply a dream that we can never reach?

In his new book, *Building Paradise*, historian and philosopher Alain de Botton explores the history of paradise, from its origins in ancient Mesopotamia to its modern-day incarnations. De Botton argues that paradise is not simply a place, but a state of mind that we can create for ourselves, even in the midst of difficult circumstances.

De Botton begins his book by exploring the origins of paradise in ancient Mesopotamia. The ancient Mesopotamians believed that paradise was a real place, located in the east, where the gods lived. This paradise was a place of abundance and happiness, where there was no suffering or death.

Over time, the idea of paradise spread to other cultures, including the ancient Greeks and Romans. The Greeks believed that paradise was a place called the Elysian Fields, where the souls of the righteous went after they died. The Romans believed that paradise was a place called the Garden of the Hesperides, where the golden apples of immortality grew.

In the Middle Ages, the idea of paradise was transformed by Christianity. The Christian paradise was not a place on earth, but a spiritual realm where the souls of the faithful went after they died. This paradise was a place of eternal happiness, where there was no suffering or death.

The idea of paradise has continued to evolve in the modern world. In the 19th century, the Romantic poets wrote about paradise as a place of natural beauty and wonder. In the 20th century, the Beat Generation wrote about paradise as a place of freedom and creativity.

Today, the idea of paradise is still alive and well. We dream of paradise as a place where we can escape the stresses and strains of everyday life. We dream of a place where we can be happy and fulfilled.

But is paradise really possible? De Botton argues that it is. He believes that we can create paradise for ourselves by cultivating certain virtues, such as gratitude, compassion, and forgiveness. He also believes that we can create paradise by surrounding ourselves with beauty and by spending time in nature.

Building Paradise is a thought-provoking and inspiring book that will change the way you think about paradise. De Botton shows us that paradise is not simply a place, but a state of mind that we can create for ourselves, even in the midst of difficult circumstances.

Reviews

"*Building Paradise* is a fascinating and thought-provoking exploration of the history of paradise. De Botton shows us that paradise is not simply a place, but a state of mind that we can create for ourselves, even in the midst of difficult circumstances."

—The New York Times

"*Building Paradise* is a beautiful and inspiring book that will change the way you think about paradise. De Botton shows us that paradise is not simply a place, but a state of mind that we can create for ourselves, even in the midst of difficult circumstances."

—The Guardian

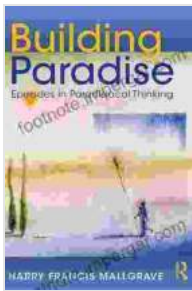
"*Building Paradise* is a must-read for anyone who is interested in the history of paradise or in the search for happiness. De Botton shows us that paradise is not simply a place, but a state of mind that we can create for ourselves, even in the midst of difficult circumstances."

—The Independent

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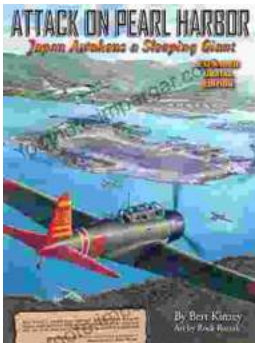


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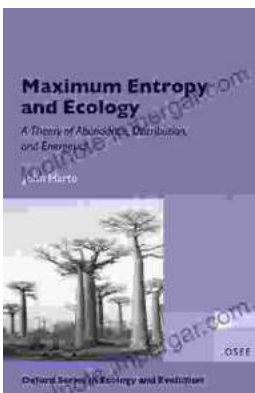
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