

The Middle Way

Finding Happiness in a World of Extremes

by Lou Marinoff

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The human world is wobbling wildly out of balance. Everywhere you look—from the halls of Congress to the deserts of the Middle East—institutions and societies are riven by discord. And these seemingly unresolvable conflicts roiling our planet—political, religious, economic, tribal, ideological—are everywhere fueled by extremism. The extremists come in many guises, from religious fanatics of the Abrahamic faiths, to bigots and dictators of the political right, to militant Marxists and neo-fascists of the “politically correct” left, but they all share the same tendencies: intolerance of other viewpoints, reluctance to practice moderation, and refusal to recognize the essential worthiness and sacred value of other human beings. Ironically, the clashes fostered by extremism are growing in number and intensity even as the forces of globalization bring us all closer together.

To this crisis-laden situation—one that globalization cannot correct by economic means alone—philosopher Lou Marinoff brings a much needed antidote to extremism, offering hope and guidance to everyone who feels powerless, frustrated, or frightened in a world that flirts daily with disaster. Drawing inspiration from three of humankind’s greatest philosophers—Aristotle, Buddha, and Confucius—Marinoff maps a route from chaos to order, a path whose signposts can be read in the perennial wisdom of these “ABCs.” From the time honored precepts of these profoundly insightful teachers, Marinoff crafts a contemporary mode of moderate thought and behavior, balms (not bombs) for humanity in this twenty-first century and beyond—a reconciling, practical philosophy that has as much power to heal the rifts between nations, cultures, and communities as it does to transform the lives of individual men and women.

Setting as his goal “to discover the truths that unite us, instead of the half-truths that divide us,” Marinoff has, in this book, accomplished something both remarkable and rare. Beyond describing the woes besetting our global village and laying bare their deep-rooted causes, Marinoff offers us a way to travel into a less violent, more cooperative, and most fulfilling future: *The Middle Way*.

“Rigorously researched and powerfully conceived, The Middle Way provides valuable insights into the driving forces of the new global environment. Don’t head into the future without it.”

— MARK MINEVICH, founder and chairman, Billion Minds Foundation,
Albert Einstein Award Recipient, Former CTO, IBM Corporation (New York)

“This book lays the foundation for an ideological shift in human systems and societies . . . a vaccine against the current postmodernist and deconstructionist paradigms that have poisoned Western culture.”

— GABRIEL ARNAIZ, editor of *Pensar bien para vivir mejor* (Seville)

“The enduring wisdom of the Middle Way is an effective antidote to the extremes that torment our world at the start of the 21st century. Lou Marinoff undertakes an earnest and wide-ranging exploration of this crucial concept in the search for ways out of the impasse confronting humankind.”

— DAISAKU IKEDA, president, Soka Gakkai International (Tokyo)

“Lou Marinoff has done a great service to humanity by providing us with The Middle Way in our efforts to address the conceptual crises of the world. He is versatile beyond imagination, provocative and very entertaining.”

— SUNDEEP WASLEKAR, president, Strategic Foresight Group (Mumbai)

“With clarity and vivacity, Lou Marinoff examines and takes to task the extremes that plague and harm many aspects of our culture: political, religious, tribal, economic, and social . . . I rejoice in this down-to-earth, yet profound articulation of alternate paths to sanity.”

— HENRY GRINBERG, Ph.D., psychoanalyst, author of *Variations on the Beast* (New York)

“This is the story of one amazing man’s odyssey to discover and understand three of the world’s greatest thinkers: Aristotle, Buddha and Confucius . . . For anyone wanting to explore the connections between East and West—and the importance of finding a Middle Way between today’s many popular fanaticisms—this is a book that’s sure to engender debate.”

— ANDREW IRVINE, Ph.D., professor, author of *Socrates on Trial* (Vancouver)

“Timely and thought-provoking, The Middle Way is the essential guide for decision makers facing growing complexity in a world out of balance . . . This book is must reading for political and civil society leaders, CEOs and others committed to creating a better future.”

— DR. FRANK-JURGEN RICHTER, president, HORASIS, The Global Visions Community (Geneva)

“A sutra for the age”

—PIERRE GRIMES, Ph.D., Director, Noetic Society (Los Angeles)