



# **The Paradox of Intention: Reaching the Goal by Giving Up the Attempt to Reach It (AAR Studies in Religion Series)**

*Marvin C. Shaw*

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This book examines the paradox of intention, the simple idea that we may reach a goal by giving up the attempt to reach it or, conversely, that we may be prevented from reaching a goal by our intentional efforts to achieve it. The nature of this paradox is explored through an examination of texts from ancient and existential philosophy, psychotherapy, and the sacred texts of Buddhism, Christianity, and Taoism. Shaw then subjects the paradox to systematic study by pursuing a series of questions arising from it.

A clearly written and accessible study, *The Paradox of Intention* adds an intriguing chapter to both comparative ethics and the cross-cultural study of the philosophy of religion.

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