

# Alan Watts: The False Idea of Who You Are

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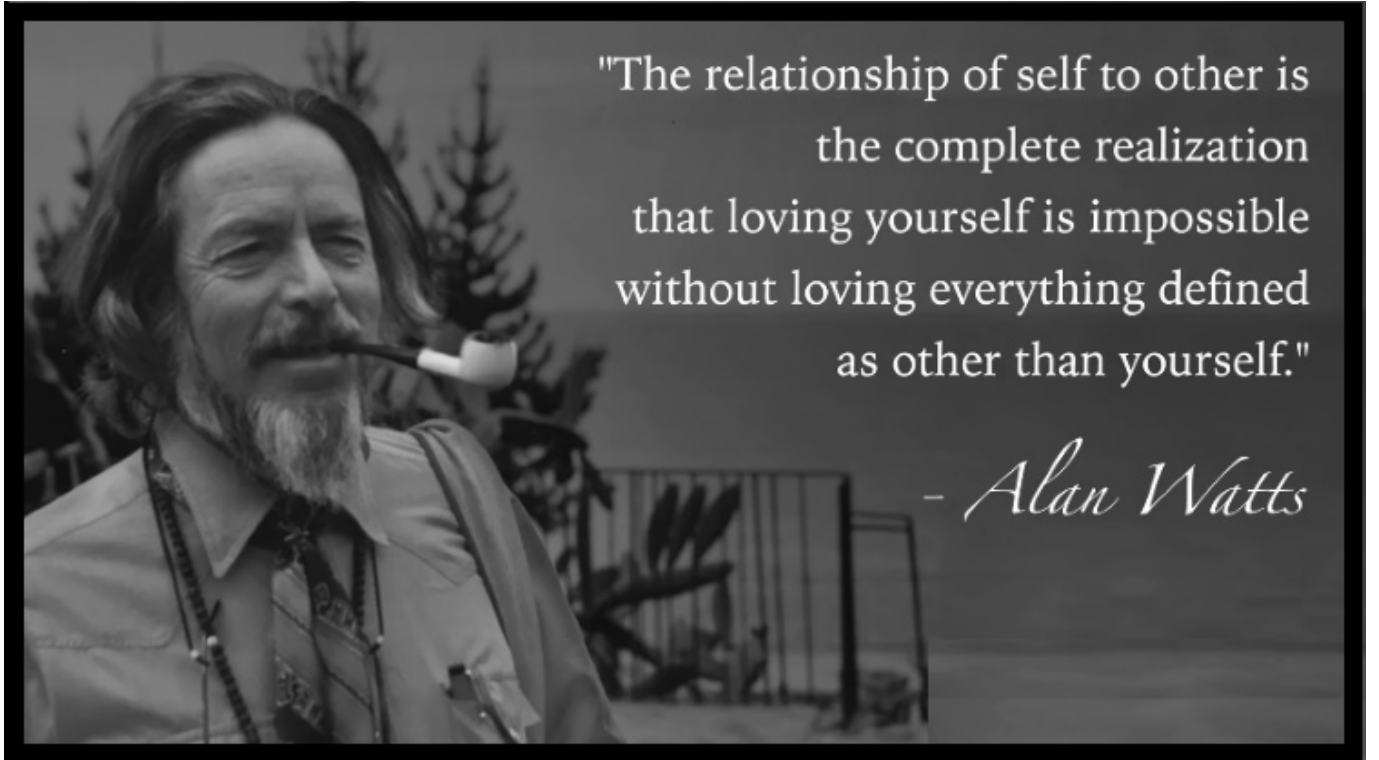
by [After Skool](#)

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*Video available at After Skool [Odysee](#) and [YouTube](#) channels.*

Speech extract from “What is Life About?” by Alan Watts, courtesy of <https://alanwatts.org>

Alan Wilson Watts (6 January 1915 – 16 November 1973) was a well-known British philosopher, writer and speaker, best known for his interpretation of Eastern philosophy for Western audiences. He left behind more than 25 books and an audio library of nearly 400 talks, which are still in great demand.



"The relationship of self to other is  
the complete realization  
that loving yourself is impossible  
without loving everything defined  
as other than yourself."

- *Alan Watts*

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