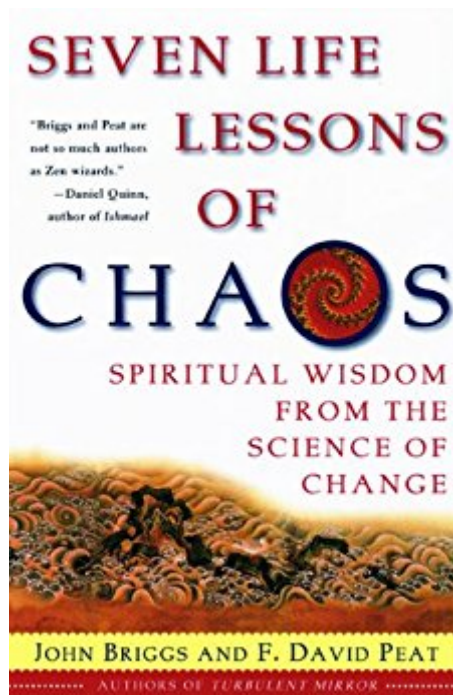




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# Seven Life Lessons Of Chaos: Spiritual Wisdom From The Science Of Change



## Synopsis

If you have ever felt your life was out of control and headed toward chaos, science has an important message: Life is chaos, and that's a very exciting thing! In this eye-opening book, John Briggs and F. David Peat reveal seven enlightening lessons for embracing the chaos of daily life. Be Creative: engage with chaos to find imaginative new solutions and live more dynamically Use Butterfly Power: let chaos grow local efforts into global results Go With the Flow: use chaos to work collectively with others Explore What's Between: discover life's rich subtleties and avoid the traps of stereotypes See the Art of the World: appreciate the beauty of life's chaos Live Within Time: utilize time's hidden depths Rejoin the Whole: realize our fractal connectedness to each other and the world Life is impossible to control--instead of fighting this truth, *Seven Life Lessons of Chaos* shows you how to accept, celebrate, and use it to live life to its fullest.

## Book Information

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## Customer Reviews

Awesome book. After just reading the first chapter i could totally resonate with what was written. I am currently on the 7th chapter and had to re-read a few chapters to get a better understanding of the the subtlety of life experiences I experience daily. I will definitely need to re-read the book for

better clarification of life experiences in the midst of everyday chaos.

These lessons have helped my understanding and comprehension of the universe, hitherto obscured by Newtonian Linear perspectives.

My experience with chaos theory has been in the math world. I was disappointed that the author does not allow that math and art have a similar connection through chaos. Lots of information to think about though.

A lot of our problems in this world come from rigid, black and white thinking. This book helps us to see both the simplicity and the complexity in life, and to open our minds to all that is around us.

Makes you think!

This book suggests an important, even necessary, shift in perspective. It is inspiring and hopeful. Whatever you are struggling with now this book will help you to find a solution.

Read this for a class. It's a bit dated overall and insightful read.

When life is pulling you in a certain direction, yield a little to the current. You might be amazed at what you find. The key is, it doesn't pay to fight the universe. Absorb the chaos theory as put forth by this book and it can change your life or, at the very least, your way of thinking.

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