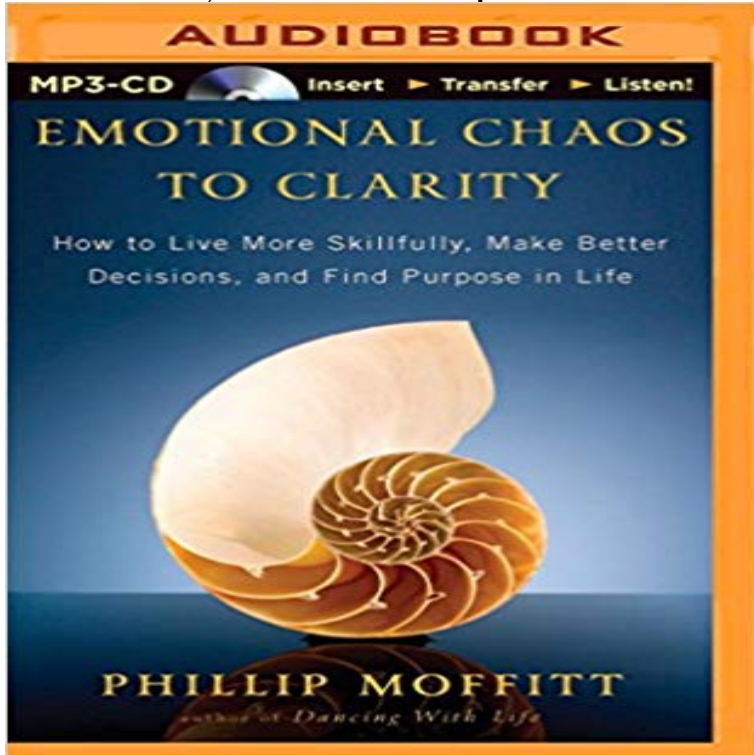


Emotional Chaos to Clarity: How to Live More Skillfully, Make Better Decisions, and Find Purpose in Life



Despite our best-laid plans, life can often be difficult, disappointing, and stressful. Consequently, when things don't go right, we are often left in a state of emotional chaos, dealing with feelings like anger, anxiety, frustration, and doubt, which can cloud our perspective and negatively affect the way we live our lives. But in this inspiring audiobook, Phillip Moffitt shows us that we need not be at the mercy of our emotions. By cultivating a responsive mind rather than a reactive one, we can achieve a state of emotional clarity that allows us to live skillfully and act with wisdom even in the face of obstacles or unhappiness. Moffitt writes from a perspective that is grounded in both Western psychology and Buddhist philosophy. He leads us on a path that takes us from being caught in old, self-defeating habits of mind to a place of clarity where we can act from the wisdom of our intentions. Moffitt offers step-by-step exercises for abandoning unskillful behaviors and describes essential life skills that anyone can develop. Some of the benefits of skillful living are: Knowing and acting from our core values at all times Gaining wisdom from both pleasant and unpleasant experiences Having an inner life in which love can flourish, even if our outer life is filled with challenges Learning to speak only what is true, useful, and timely, even during moments of anger or outrage Freeing ourselves from the past Being able to soothe ourselves when we feel disappointed or overwhelmed by life Elegantly written with both precision and compassion, Emotional Chaos to Clarity is an indispensable guide for those wishing to move through life's challenges with a calm, clear mind and a peaceful, loving heart.

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Emotional Chaos to Clarity: How to Live More - In his newest book, Emotional Chaos to Clarity: How to Live More Skillfully, Make Better Decisions, and Find Purpose in Life, Moffitt takes what he has learned **Reviews and Interviews Dharma Wisdom** Jan 2, 2012 Emotional Chaos to Clarity: How to Live More Skillfully, Make Better Decisions, and Find Purpose in Life. Phillip Moffitt. Penguin/Hudson Street **Emotional Chaos to Clarity Audiobook Emotional Chaos to Clarity Endorsements Dharma Wisdom** Emotional Chaos to Clarity and over one million other books are available . Dancing With Life: Buddhist Insights for Finding Meaning and Joy in the Face of Suffering . This is one of the very best guides to living your life with clarity and intention. As I develop more skillful responses and actions I find I have more energy, **Emotional Chaos to Clarity: How to Live More Skillfully, Make Better** Emotional Chaos to Clarity: How to Live More Skillfully, Make Better Decisions, and Find Purpose in Life. More info. Copyright 2013 Life Balance Institute. **Introduction to Emotional Chaos to Clarity Dharma Wisdom** Mar 17, 2015 The Audiobook (MP3 on CD) of the Emotional Chaos to Clarity: How to Live More Skillfully, Make Better Decisions, and Find Purpose in Life by **Emotional Chaos to Clarity: How to Live More Skillfully, Make Better** Emotional Chaos to Clarity: How to Live More Skillfully, Make Better Decisions, and Find Purpose in Life. 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Phillip Moffitt (9781848509979) by **Emotional Chaos to Clarity: How to Live More Skillfully, Make Better** To book Phillip Moffitt as a keynote speaker, contact the Life Balance Institute at Clarity: How to Live More Skillfully, Make Better Decisions, and Find Purpose **Keynote Speaker Life Balance Institute** Thank you for choosing to read Emotional Chaos to Clarity in your book group. Mindfulness is more than simply being present and accepting the moment to experience a sense of purpose in life, one that is based on living from your history of decision-making naming times they were skillful and times they were not. **Emotional Chaos to Clarity: How to Live More Skillfully, Make Better** Emotional Chaos to Clarity: How to Live More Skillfully, Make Better Decisions, and Find Purpose in Life (English) Gebundene Ausgabe 10. 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