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(Shanie Cartwright)

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Hay House UK Ltd. Paperback. Book Condition: new. BRAND NEW, Emotional Chaos to Clarity: Move from the Chaos of the Reactive Mind to the Clarity of the Responsive Mind!, Phillip Moffitt, "Emotional Chaos to Clarity" recognises the inevitability of life's challenges and offers you the tools to find clarity, resilience and calm to cope even at our darkest hours. Balancing Phillip Moffitt's influences of Western psychology and Buddhist philosophy, each chapter introduces a mind state that prevents us from living skilfully, narrates stories from Moffitt's hundreds of students and clients, and provides step-by-step exercises for readers to find clarity in their own lives. The pragmatic and immediately applicable lessons of this book include: learning how wisdom is offered by both pleasant and unpleasant experiences, and how to harvest this wisdom; how to move away from mistaken ideas about your true nature that cause damaging emotional states; methods you can use to fulfill your lifelong intentions, or set new goals for a better life; and, how to generate transformative feelings of gratitude, generosity and forgiveness. With powerful anecdotes from some of the hundreds of people Philip has led to a better life, "Emotional Chaos to Clarity" provides total inspiration for a content, calm and collected you.

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