



Seven Life Lessons of Chaos: Spiritual Wisdom from the Science of Change

John Briggs, F David Peat

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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 sevenenlightening 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.



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