



Emotional Chaos to Clarity: Move from the Chaos of the Reactive Mind to the Clarity of the Responsive Mind

Phillip Moffitt

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“*Emotional Chaos to Clarity* is a masterwork. Be inspired by the possibilities it opens.” —Jack Kornfield, Ph.D., author of *The Wise Heart*

Despite our best-laid plans, life is difficult, and we sometimes experience anger, anxiety, frustration, and doubt. This emotional chaos can negatively affect the way we live our lives. Yet, Phillip Moffitt shows us that by cultivating a *responsive* mind rather than a *reactive* one, we can achieve a state of emotional clarity that allows us to act with a calm mind and a loving heart.

Drawing on both Western psychology and Buddhist philosophy, Moffitt’s step-by-step exercises help us to:

- Know and act from our core values at all times
- Gain wisdom from both pleasant and unpleasant experiences
- Free ourselves from the past
- Achieve a peaceful inner life, even if our outer life is filled with challenges

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