



# Seven Life Lessons of Chaos

*John Briggs, F David Peat*

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**Seven Life Lessons of Chaos** John Briggs, F David Peat

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.

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