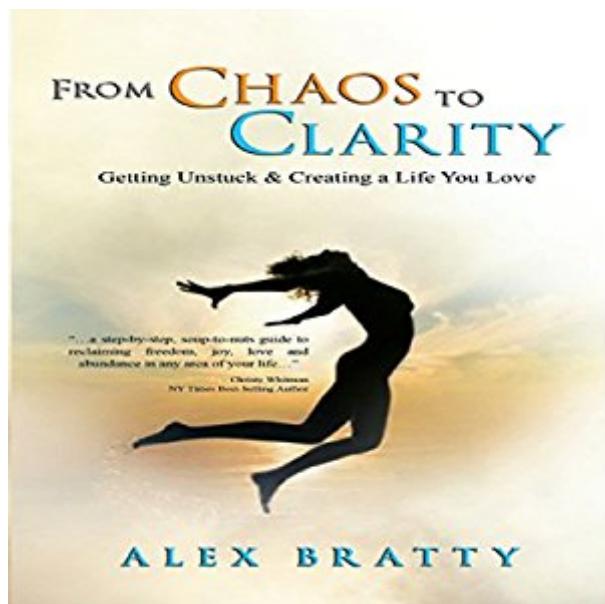


The book was found

From Chaos To Clarity: Getting Unstuck & Creating A Life You Love



Synopsis

A must-hear for anyone who is in transition, facing major life choices, or feeling frustrated, stuck, lost, or trapped in situations that they don't know how to change. So many of us walk around living the lives and working the jobs that we think we should. We start to think life has to be this way; that we should just suck it up and get on with it. We question if true happiness is ever possible or just something that happens in Hollywood movies. We wonder if we can ever find the answers to the questions we've been asking our whole lives. Or, maybe we just feel that something is missing because we feel empty and unfulfilled. But, the truth is, it doesn't have to be this way. It is possible to create the life we really want - we can truly have it. That is what the author and this book are all about. Alex shares her own struggle with being stuck and how she was able to transform a life that was difficult, stressful, and frustrating to one of ease, calm, and optimism. She provides just the right balance of autobiographical experience with how-to information and techniques that listeners can use to get unstuck in their lives. The book flows in such a way that listeners will feel themselves floating along on their own personal development journey. They will learn how to identify what is really keeping them stuck, where it came from, and most importantly, how to move beyond it and get unstuck. Alex provides a step-by-step guide for how to change long-standing beliefs and subconscious thoughts that may be sabotaging us or keeping us stuck in place. She also shares specific methods and resources to determine what we really want and how we can create it in our lives. This book is the real deal because the author walks her talk. She has used the tools and techniques she shares to transform her own life and she knows they can work for you.

Book Information

Audible Audio Edition

Listening Length: 2 hours and 37 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Inspire & Create - Coaching & Consulting

Audible.com Release Date: October 23, 2015

Whispersync for Voice: Ready

Language: English

ASIN: B0170GCC52

Best Sellers Rank: #40 in Books > Medical Books > Psychology > Movements > Humanistic #71 in Books > Medical Books > Psychology > Movements > Cognitive Behavioral Therapy #1702

Customer Reviews

If you are stuck in any area of your life, this is the book for you. I loved it! Using her own life experiences as examples, Alex takes you through practical step by step exercises to get unstuck, just like she did. From Chaos to Clarity will help you get super clear on what you really want in your life and move forward, no matter where you are at. This book is a complete guide if you want change but donâ™t know where to begin. As Alex says in her book, âœIf I can do it. Anyone can.â• Yes, we all have the power within us to create change in our lives but she has made it so much easier by gifting us with this clear road-map on how to get there. What took her years to figure out is now at your fingertips!

Practical, workable tools and perspectives for healing and shifting the challenges of living life is available in Ms. Bratty's book, *From Chaos to Clarity: Getting Unstuck and Creating A Life You Love*. Taking off the human blinders that seem to generate barriers to experiencing life with joy and meaningfulness is available. Alex Bratty reveals understandable shifts and behaviors that offer any person the resource to heal from the "driver seat" of their lives. Watch your lights come on wherever you have darkness! Sylvia Sultenfuss, Author of *The Joy of Adulthood: A Crash Course in Designing the Life You Want*

Every now and again a book is written that is both timely and relevant. Such is the case with 'From Chaos to Clarity'. I have lived for more than sixty years, and am yet to come across anyone who has not struggled with some part of their life, be it career, finances, relationships, self esteem, or in just being unable to understand how best to deal with life's problems. Alex Bratty addresses these kinds of issues in her book, using personal experience to guide others in a positive direction. The book is pragmatic, and doesn't beat around the bush, being on point, and staying on point. I found Alex's writing style to be engaging, for in each chapter, after discussing the chapter's concepts and ideas, Alex turns learning tasks over to the reader by asking the reader to consider a list of chapter relevant questions. The lists provoke much thought, and are highly useful. The world is complex, fast moving, and often stressful. Many people get stuck in a rut, unable to figure out what to do to make things right for themselves. If you are looking for answers on how to deal with some of life's more pressing problems, look no further than Alex's book. It's a terrific read, and can be referenced over and over again.

There are so many things in our lives that can weigh us down and cause us to doubt our purpose and ability to do great things. Thankfully we have individuals like Alex Bratty to help show us that not only can we get past our past but we can use it as a springboard to where we want to be. In her book **FROM CHAOS TO CLARITY** she gives us the blueprint that has worked for her and allows us to do the work for ourselves. Several things about this book really stuck with me. One of them is that we are almost programmed to look at fault both in ourselves and others, but the real talent and skill is to look past all of that to the good that we are and that others might bring. This takes work, but it is both necessary and beneficial if we want to be the best of ourselves in every aspect of life. The other things Alex shares is how we can enjoy a new normal for ourselves. And by normal I should say that this looks and is different for everyone, but it is still something that is attainable, letting us know that better things can be ahead. I mentioned the work we have to do, and through exercises in the book Alex leads us in the right direction, giving us opportunities to ask ourselves the tough questions and get a better handle on what we need to do in order to get to where we want. Happiness and peace of mind can be yours, but it takes getting free and then recognizing that everyday can bring you closer to your goals and the pursuit of your purpose.

Eloquently and concisely written, *From Chaos to Clarity*, by Alex Bratty is a great read. The tools to make positive changes in your life are offered up in a clear and step by step fashion. We have all felt the "stuck" place that Alex describes in her book. It is extremely easy to relate to the circumstances described by the author in her own life. The inside look at how someone could have such success in their chosen field both financially and through peer recognition, yet still crave something else and then actually SEEK it is empowering for the rest of us. The example Alex Bratty sets by her own words, living in "courage and freedom", is one we could all incorporate for our own paths in life. Personally, I find myself in a "stuck" moment in life and this book has brought me to the questions I need to start asking myself in order to make a positive change. I highly recommend it!

This book really gives you something to do, some real action items. It's not just a bunch of "You should do this and you should think that" because she not only gives you specific exercises, but she shares with you her experience which is extremely comforting. It's good to know you're not alone.

[Download to continue reading...](#)

From Chaos to Clarity: Getting Unstuck & Creating a Life You Love Get Unstuck Now: How Smart People Gain Clarity and Solve a Problem Fast, And How You Can Too Dominate Life: How to Get

Clarity, Find Your Passion, and Live a Life You Love The End of Molasses Classes: Getting Our Kids Unstuck--101 Extraordinary Solutions for Parents and Teachers (Touchstone Book) The End of Molasses Classes: Getting Our Kids Unstuck - 101 Extraordinary Solutions for Parents and Teachers The Badass Blog Planner: Your guide to defining your purpose, creating clarity, and building a year of killer content Own the Wind: A Chaos Novel (The Chaos Series Book 1) Condensed Chaos: An Introduction to Chaos Magic Med School Rx: Getting In, Getting Through, and Getting On with Doctoring Personality Disorders: The Ultimate Personality Disorder Guide 2nd Edition - Giving You Clarity, Helping You Move Forward (personality disorders, mental ... Obsessive Compulsive Disorder Book 1) Unstuck in Time: A Journey Through Kurt Vonnegut's Life and Novels Unstuck: Your Guide to the Seven-Stage Journey Out of Depression Unstuck and On Target!: An Executive Function Curriculum to Improve Flexibility for Children with Autism Spectrum Disorders, Research Edition Made to Stick: Why Some Ideas Take Hold and Others Come Unstuck You Can Ask The Universe Anything: Learn How to Tap Into the Infinite Field of Intelligence for Greater Clarity, Power & Insight #Love: #Love is Book #1 in the Adult Book Series Celebrating Love and Friendship (#Love, #Pretty, #Beautiful, #Beauty, #Me) (#Coloring #Book Series of Adult Coloring Books) The Healthy Mind Cookbook: Big-Flavor Recipes to Enhance Brain Function, Mood, Memory, and Mental Clarity Ketogenic Diet: Ketosis For Diabetes -Lower Your Blood Sugar And Lose Weight(Reduce Inflammation,reverse type 2 diabetes,Insulin Resistance Diet) (paleo ... low carb high fat,keto clarity,diabetes,) KETOGENIC DIET: KETOGENIC DIET FOR BEGINNERS: KETOGENIC COOKBOOK: 450 Best Ketogenic Diet Recipes (keto, keto clarity, ketosis, ketogenic desserts, ketogenic ... diet plan, ketogenic diet for weight loss) Minimalist Muscle Activation: Crush Structural Imbalances, Find Clarity in Your Movement, and Live Pain-Free and Strong Now and in the Future

[Dmca](#)