



Calm the Chaos: From Surviving to Thriving in 28 Days

Kelly White

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Have you ever wondered why you feel like there is something missing or that you are not completely happy? Maybe you have a great career, a nice house, the perfect spouse, 2.5 kids, a dog and everything tells you that you should be happy yet you still feel unfulfilled? Well, you are not alone....I used to feel this way too. What I realized is that in today's rapidly moving world, we live in a state of chaos and frenetic energy. The world around us tells us that a consumptive lifestyle will make us happy - that having more and doing more will satisfy all of our needs. The reality is that this lifestyle is wreaking havoc with our lives, the lives of our children, the world and the universe. The consumptive lifestyle perpetuated by our culture is a way to fulfill a hunger that cannot be satisfied by consuming or doing. The reality is that we are starving. What are we starving for? Connection! The hunger that is inside all of us can only be filled by this connection—to a higher power, to God, to the Universe, to the Divine, to ourSelves, to our community, to each other, to the world and to a less chaotic way of life. "Calm the Chaos- From Surviving to Thriving in 28 Days" is a program designed to help reduce stress, find more peace and have more calm in the midst of life's chaos. It is my story of struggling through divorce, depression, anorexia and addiction to adrenaline. It is a story, and a process, about completing a 28 day journey that I designed to help to heal myself by reducing stress and anxiety. The journey consists of practicing yoga, meditation, reflection through journaling and focus on a healthy lifestyle every day for 28 days. Make no mistake, this journey is about much more than just practicing yoga. This is a spiritual journey; a journey that takes you to a place where having less, and doing less, allows you to be more and ultimately break free of the self-imposed barriers that tell you who we are or how you should be. "Calm the Chaos - From Surviving to Thriving in 28 Days" is meant to help people begin to take care of their mind, body and spirit so they move from survival to thriving by calming can their inner chaos. This book is meant to entertain while being deep, spiritual and real. It is meant to be funny and outrageous at times. It is meant to cause you to want to get up and participate in self-reflection and experiences that are accessible to you by closing your eyes for 5 minutes each day and experiencing silence. It is meant to call to your soul and help set your spirit free so you can live calmly with ease and grace.

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