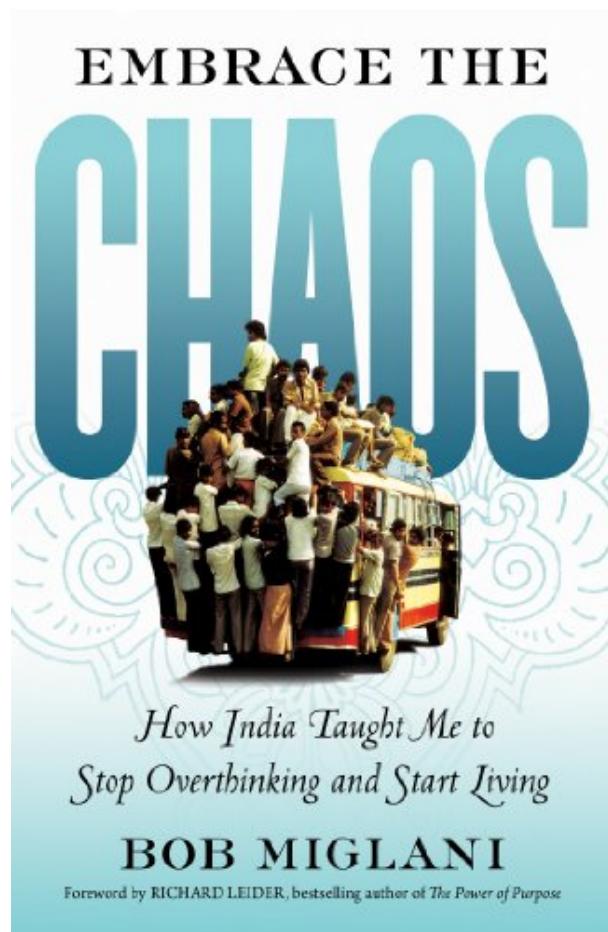


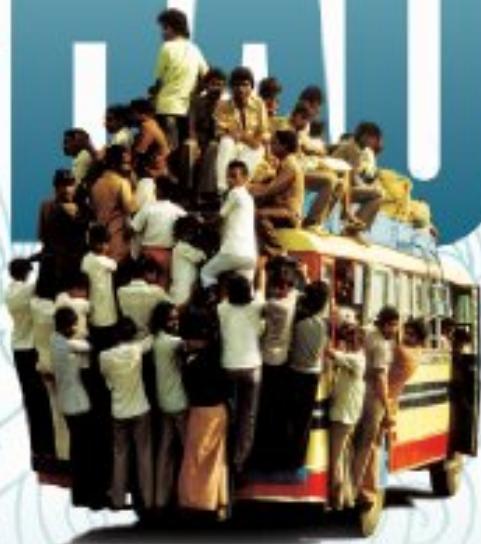
# EMBRACE THE CHAOS: HOW INDIA TAUGHT ME TO STOP OVERTHINKING AND START LIVING BY BOB MIGLANI



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# EMBRACE THE CHAOS



*How India Taught Me to  
Stop Overthinking and Start Living*

**BOB MIGLANI**

Foreword by RICHARD LEIDER, bestselling author of *The Power of Purpose*

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## Review

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In undertaking this life, lots of people always try to do and get the very best. New expertise, encounter, driving lesson, as well as every little thing that can boost the life will be done. Nevertheless, lots of people often really feel puzzled to obtain those things. Really feeling the restricted of experience as well as resources to be better is among the lacks to possess. However, there is a really simple thing that can be done. This is exactly what your educator consistently manoeuvres you to do this one. Yeah, reading is the solution. Reading a publication as this Embrace The Chaos: How India Taught Me To Stop Overthinking And Start Living By Bob Miglani and various other referrals can improve your life quality. Exactly how can it be?

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Like many of us, Bob Miglani felt overwhelmed and anxious. He worried constantly about his job, his finances, and his family. It was a chance invitation to India, the land of his birth, that finally freed him.

India, Miglani writes, is “the capital of chaos”: over a billion people living on one-third the space of the United States. And it was there that he learned to let go. The secret is to stop trying to control the chaos and focus on what you can control—your own actions, words, and thoughts. Move forward, make mistakes, trust your intuition, find your purpose.

In this inspiring book, Miglani shares the experiences and encounters that helped him finally get it. What happens when you find yourself in an Indian village with no money and a plane to catch? How could an educated urban woman agree to a marriage after two dates? What keeps a rural health worker motivated despite the enormous need and such limited ability to help? What does trying to catch an insanely overcrowded bus teach you about perfection? Embracing the chaos, Miglani found, “leads us down paths we never would have walked on...It brings out strengths we never knew existed inside of us.”

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## Most helpful customer reviews

9 of 9 people found the following review helpful.

A Quick & Easy Read

By Margo

I love the subtitle of this book "How India Taught Me to Stop Overthinking and Start Living." ... In fact it was the subtitle that hooked me. The actual title, EMBRACE THE CHAOS, turned me off a bit. I don't want to embrace the chaos, even after reading the book! I want peace in my life. As much peace as I can possibly get. So I read the book with a bit of an attitude, struggling against the author's idea of embracing chaos ... but then I had to stop and laugh at myself as I read it, because there I was "overthinking" while reading a book about how to stop overthinking. Sheesh.

This book is a short easy read. It's certainly not a manual about rocket science, and I wasn't struck by any epiphanies while reading it, but I enjoyed the stories (modern day parables) about India.

There were several great points that struck a chord with me:

"It all works out in the end. Just accept it." (page xvi)

"What I'm suggesting is not that we sit back and give up on life but that we in fact work harder on the things that we can control: our own words, thoughts, and actions. By making a choice to redirect our frequently wasted effort to control others or the conditions around us, by refocusing that intense passion on our own actions, living in each precious moment, we can begin to move forward into a life we want." (page 3)

"What I had missed ... in my search for the presence of God, I discovered only when I was forced to let go of the plans I had made, when I stopped trying to understand why things went wrong and simply accepted it. Instead, I found that presence hidden inside the generosity and kindness of those who notice our effort and help us on our journey ..." (page 27)

"I became happier the moment I stopped putting my attention on others. ... What I work on changing is me." (page 86)

However, there were also quite a few religious/spiritual points I disagreed with:

"We have been living in the fabric of chaos all our lives, without realizing it. Chaos determines our birth; our meeting of friends, partners, and colleagues; and some of life's greatest experiences." (page 101)

"When you pray to God ... Does He answer you? ... No ... God doesn't answer." (page 115)

So if you're looking for spiritual enlightenment, I would not recommend this book. Instead I would recommend HEARING THE VOICE OF THE LORD by Gerald Lund.

And if you're looking for a deep, thought-provoking book about how to improve the quality of your life, I would recommend THE FOUR AGREEMENTS by Don Miguel Ruiz.

But if you're looking for a light, easy-to-read, and interesting book that you can read on the airplane or in the doctor's office or waiting in the carpool line ... and learn a few things about how to stop overthinking, THIS is the book for you.

Bob Miglani shows his personal insecurities while sharing his stories of India, and his humble approach impressed me. I really enjoyed reading this book.

4 of 4 people found the following review helpful.

Great book that gets you thinking!

By Hisham Zahran

The best way I can summarize what you will get out of this great book is that it can help you become the MacGyver of Life! Don't know MacGyver? How about becoming the Bruce Lee of Life?

MacGyver ( [...] ), for those of you who remember that 80's TV show, was always thrown into unusual situations each episode, usually trapped in some location - and he always managed to figure a way out of the dire situation just using what was available to him at the time. Sometimes a paperclip, chewing gum and a shoelace was all he had on him and he made do - and was successful in his mission as a result!

I'm not sure if everyone's life is as hectic as mine and my wife's, but generally life is pretty hectic and uncontrolled. For those of us who seek control of our lives, it can be difficult to manage when it veers off the track we have for it in our minds. "The best laid plans of mice and men oft go awry" ...pretty much sums up our life...and this book helps you cope with that simple fact of life by bringing to you examples from the author's travels and life experiences.

One of my favorite quotes is by Bruce Lee:

"Be like water making its way through cracks. Do not be assertive, but adjust to the object, and you shall find a way around or through it. If nothing within you stays rigid, outward things will disclose themselves. Empty your mind, be formless. Shapeless, like water. If you put water into a cup, it becomes the cup. You put water into a bottle and it becomes the bottle. You put it in a teapot, it becomes the teapot. Now, water can flow or it can crash. Be water, my friend."

"Be like water...find your way around objects and challenges" is a quote I have often used when I'm frustrated at an unexpected challenge which throws my "awesome" plans out the window. I've also used that quote when trying to help my subordinates and colleagues at work find ways around their challenges. Now Bob Miglani joins the ranks of Bruce Lee and MacGyver in helping you to develop that unnatural, but helpful instinct to ADAPT and throw up your arms and NOT give up, but throw them up and say "OK, that was not what I expected, but how can I best deal with the cards I was just dealt"?

This book will help you keep your sanity and your wits about you...to help you survive and succeed in life...whatever gets thrown at you!

4 of 4 people found the following review helpful.

Greatest help in the worst situations!

By Juana

I purchased this book and read it in no more than 2 hours. It is by far the best book I've read in a long time! I didn't want to put it down and it left me wanting more. Simply put, Bob writes in a way that you feel connected, almost as if he is writing a story about you, the reader. We all can relate to this and he was so thorough that indeed I felt he was speaking to me. This book really does change you if you give it a chance. It awakens a need to change the negative in life to positive. With each page that I read I started to think back on all the things in life I never appreciated and unfortunately have passed me by. He teaches us not only how to give up trying to control life, but he makes it so clear how we never really had it to begin with! So, just "Embrace the Chaos!"

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