



A Life of E.A.S.E.: Four Steps to Ease and Flow: Creating a Joyful and Satisfying Life (Paperback)

By Karen L Kuykendall

Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Even though we are each unique individuals, there are common patterns and principles that apply to all of us as humans. This book is about understanding those patterns and the paradigms that hold them in place: why we feel the way we do and how we get things done and live life. Depending on how you approach it, life can be a total struggle or it can be an experience of ease and flow. The EASE System is a framework of four elemental components that must be well-managed to live an effective life: Energy, Awareness, Systems and Evolution. To understand human energy, you must also understand the TEAR Cycle (Thoughts->Emotions->Actions->Results) as well, because it is the key to how human energy flows. According to the psychologist Mihaly Csikszentmihalyi in his bestselling book Flow, People who learn to control inner experience will be able to determine the quality of their lives, which is as close as any of us can come to being happy. That would have been really nice to know before I spent 40 years struggling! Because of the struggles I...

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