



Don't Fall Off the Bicycle: Balancing Chaos and Order in Our Lives

Cheryl A. Chatfield

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What if we accepted chaos as natural and beneficial? What if we understood order as not always desirable? Would our lives improve? In the human body, our heart beats in a steady or orderly fashion. An irregular beat means trouble. We cannot survive without this order. Our brain, however, has a chaotic pattern. This is the opposite of how the heart behaves. Within our bodies, chaos and order exist. We usually try to quell any disruption in our daily routine. If that happened in our brain, the result would be disastrous. If both chaos and order exist in our bodies, can they coexist in our lives? Perhaps our lives require the balance of riding a bicycle, a dynamic balance of constantly shifting weight and attention from chaos to order and back again. This book presents a way to do that.

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