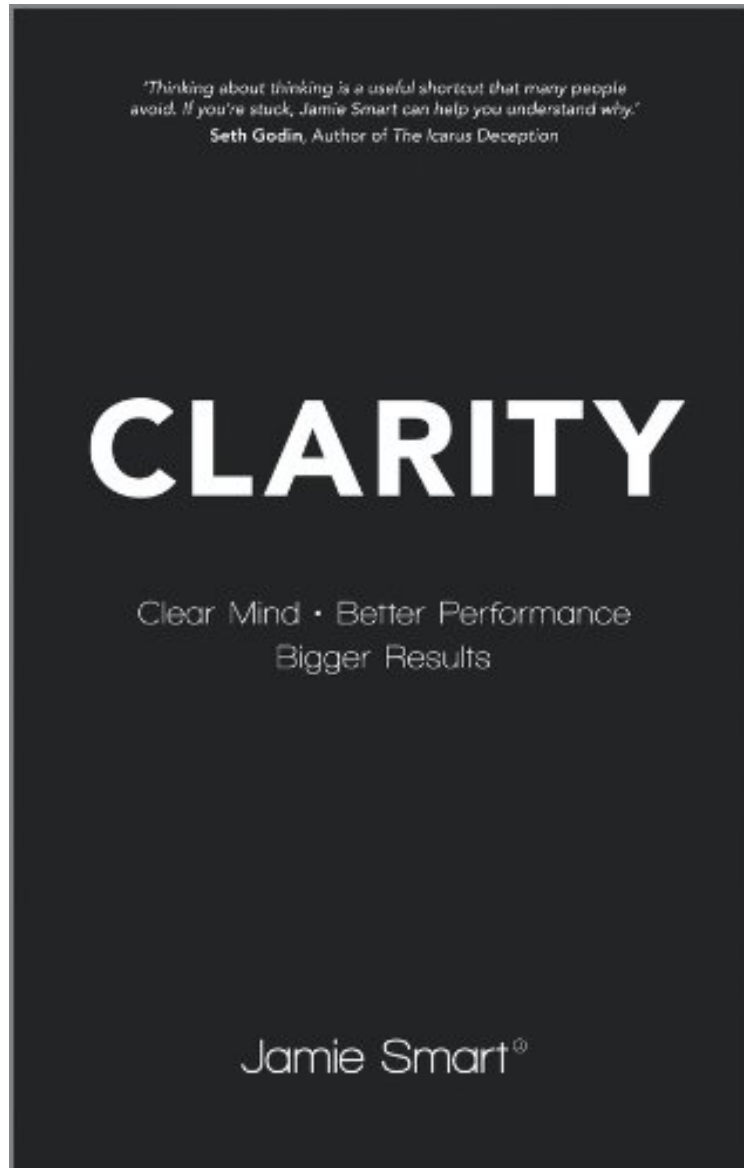


(Download free pdf) Clarity: Clear Mind, Better Performance, Bigger Results

Clarity: Clear Mind, Better Performance, Bigger Results

Jamie Smart

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Jamie Smart : Clarity: Clear Mind, Better Performance, Bigger Results before purchasing it in order to gauge whether or not it would be worth my time, and all praised Clarity: Clear Mind, Better Performance, Bigger Results:

54 of 56 people found the following review helpful. This book is a game changer By Dave Berman Jamie Smart's new book "Clarity" is basically about one idea: thoughts cause feelings. He notes that it often seems like our situation or circumstances account for how we feel, but this compelling outside-in illusion must always pass through the filter of thought. Like the clear surface of a puddle whose muddy sediment has been left alone to settle, our natural state of

clarity will always return when we remember the true nature of our inside-out existence. Smart compares this automatic system of self-correction to the human immune system. We recognize our bodies have natural abilities to heal wounds and fight off infections. So too do we possess a psychological immune system capable of restoring balance to our emotional state. Nothing need be done to activate it. It must just be noticed. "Clarity" is full of metaphors, case studies, historical examples from various disciplines, and valuable distinctions that effectively make the case for Smart's important premise as thoroughly as Eckhart Tolle's "A New Earth" depicts the role of ego and the benefits of simply observing it. Smart's style is far easier to read than Tolle's, and so "Clarity" also deserves comparison to Don Miguel Ruiz's "The Four Agreements" for its simplicity in presenting the profound. There are two primary types of clarity - understanding and mind. Clarity of understanding is about the inside-out concept that feelings only and always provide a real-time reflection of thoughts. This type of clarity can be acquired in an insightful instant, like something you can't "unsee." Clarity of mind tends to fluctuate according to how present one may be at any given moment. The deeper the clarity of understanding, the faster the restoration of clarity of mind when it inevitably gets clouded. Insightful learning vs. intellectual learning is another important distinction. Intellectual learning may require time for repetition, practice, or integration of multiple layers of concepts. Insightful learning introduces new paradigms all at once, like installing a mobile phone app that works immediately. This points to the distinction between applications and implications, which Smart credits to Valda Monroe and Keith Blevens, PhD. We look for applications (procedures, techniques, how-to's) when something is useful but we don't really understand how it works. Grasping the principles at play reveals the broader implications that allow endless new forms of usefulness to be discovered intuitively. Smart now calls this Innate Thinking, though he credits Sydney Banks who formulated the philosophy known as "The Three Principles" (thought, consciousness, and mind) for giving rise to his presentation of these ideas. Ultimately it is not important what this is called. Many personal development or self-help books have a lot in common. The ability of a book to resonate with a reader is based on a combination of the author's presentation and the reader's readiness to receive it. If a dense and complicated book such as Tolle's can be a best seller, the potential for "Clarity" may be even greater. Indeed, Smart writes about many examples of broad societal paradigm changes and suggests that widespread development of clarity of understanding has the potential to be as revolutionary as doctors learning the importance of scrubbing their hands and instruments because the spread of disease is caused by germs rather than smells (as previously believed). While grandiose, the implications of this are compelling. In retrospect, outdated beliefs such as smells causing disease or the earth being flat appear to us as "superstitions," a word Smart uses a lot to characterize emotional experiences that seem to be based on external circumstances. As the outside-in illusion becomes universally recognized as a superstition, Smart says, it will be like wiping out a pandemic mind virus that keeps huge numbers of people trapped in depression, anxiety, fear and other unwanted feelings. We all go through life acting according to our own understanding of how things work. This means we do what makes sense to us, even if it doesn't always make sense to others whose understanding may differ from our own. Smart became globally known about 10 years ago as a leading trainer of NLP and hypnosis. "Clarity" explains that as he grew increasingly aware of the inside-out paradigm, it no longer made sense to him to use the powerful tools of NLP and hypnosis to manage his mental and emotional states. Instead, now he argues that clarity is the default state, there's nothing to do to achieve it, and "when you've got nothing on your mind, you're free to give your best." So even though Smart's central thesis is that thoughts cause feelings, he is not advocating a specific way of thinking or ways to practice making your thoughts a particular way. He says "clarity isn't an achievement, it is a pre-existing condition," and there is nothing to do to become aware of it because it is more of a "not-doing." Just "point yourself in the right direction and do nothing," says Smart. This means "looking towards what's creating your experience of life; looking to the source of your thinking rather than the products of your thinking." This book at times seems so simple that the main idea is just being repeated ad infinitum. Yet it is actually filled with nuance and layers that beg for a second read. Under a sub-heading of "The morphine of self-improvement," Smart sums it all up: "But like the tree in my garden, it is your nature to grow. Clarity of understanding unlocks the self-love, gratitude and acceptance that are the sunlight, rainwater and nutrients of your personal evolution. While you don't get to decide the timescale, increases in consciousness and clarity of understanding are inevitable for you when you get out of your own way, let your wisdom guide you and start enjoying your life as it is today." 3 of 3 people found the following review helpful. Life's perfect message delivered beautifully. By Mary Schiller. In addition to Michael Neill's "The Inside-Out Revolution," Jamie Smart's "Clarity" is a must read for anyone interested in changing their life -- and fast. "Clarity" is an explanation of the Three Principles, first described in those terms by Sydney Banks in the 1970s. In my entire life, I have never come across anything as impactful as the simple understanding illustrated in the Three Principles, and Jamie Smart does a beautiful job of articulating these principles in a way that is easily understood. It is almost impossible for me to explain what I have gained as a result of this understanding, but I'll mention this: I suffered with the symptoms of PTSD (from domestic violence) for 30 years. Tried everything to rid myself of this anguish -- and I mean everything. Within about 4 weeks of learning about the Three Principles in early 2014, I realized that my symptoms had almost completely faded away without my actually doing anything to make that happen. Read whatever you can on this topic, including Jamie Smart's "Clarity." It makes traditional self-development, self-help, empowerment, leadership, etc. information

irrelevant and unnecessary. I used to subscribe to all of that stuff, myself. It doesn't work, at least not permanently. This does. Buy this book today. 16 of 16 people found the following review helpful. clear and easy step right direction By Vladimir You can find millions different situations in life and try to think millions solutions or you can have one for all which always work. This book is clearly about the second way. This book will open your eyes. It will save you loads of time... You can spend it by living. This book is lovely written and very entertaining. Love it.

LEARN TO CLEAR YOUR MIND AND THINK LIKE A WINNER We all have so much going on. A million different projects, to-do lists longer than your arm. We all worry about things ndash; money, deadlines. With all this buzzing around in our heads it's often a nightmare trying to concentrate on one thing. What if someone could show you how to empty your mind of all the noise? If you could be shown how to de-clutter your mind and concentrate on one important thing? Well Jamie Smart, state-of-mind specialist, can do just that ndash; with Clarity he will show you how to get real clarity of thought. You'll learn how to clear your mind and become less stressed and more productive ndash; and as a result, more confident in your abilities. Clarity will help you to: **bull; Greatly improve your concentration and ability to think clearly bull; Reduce stress levels and increase productivity bull; Grow your confidence and self-belief bull; Find innovative solutions to problems and make progress on goals and dreams bull; Trust your intuition and improve your decision-making bull; Build stronger relationships through better communication** Praise for Clarity: **ldquo;Thought-provoking, entertaining, and potentially life changing ndash; highly recommended!rdquo; Michael Neill, Radio Show Host and Author of The Inside-Out Revolution: The only thing you need to know to change your life forever ldquo;A powerful, positive book that can help you to achieve more than you ever thought possible, in every area.rdquo; Brian Tracy, Author of Goals and Eat That Frog ldquo;I highly recommend this book to anyone trying to deal with life stressors and find true wisdom and well-being." Mark Howard, Ph.D., Clinical Psychologist, ThreePrinciplesInstitute.org ldquo;Take your time reading this profound book. Jamie Smart is about to blow apart every circumstantial excuse you ever came up with. Hersquo;s about to put the steering wheel back in your hands.rdquo; Garret Kramer, Founder of Inner Sports and Author of Stillpower ldquo;The insights yoursquo;ll get whilst reading Clarity will resonant in how you manage day to day but, more importantly, provide a framework for refreshing your priorities, goals and drive.rdquo; Peter Lake, Group Business Development Director, JS Group ldquo;The world of leadership, sales and customer engagement has changed radically over the past ten years. People are more savvy, better informed and sick of the same old story. Jamie Smart cuts through the noise of the marketplace and shows you what really works. Profound, practical and instantly applicable; Clarity is essential reading if you want to make your mark in the 21st century.rdquo; Paul Charmatz, Former Managing Director, Camelot ldquo;Jamie, you really hit the bullseye with this brilliant book; it's a must-read for everyone who wants clarity of mind.rdquo; Joe Stumpf, Founder of By Referral Only and Author of Willing Warrior ldquo;Jamie Smart takes an outdated paradigm of success and turns it on its head. Pull up a chair, get a copy of Clarity and discover how you can experience an exponential increase in clarity and quality of life.rdquo; Rich Litvin, co-author of The Prosperous Coach and Founder of The Confident Woman's Salon ldquo;Jamie Smart is brilliant! In his book Clarity, he has unlocked an insight into the real-life matrix. Be ready to have your world turned inside-out because, as Jamie so effortlessly demonstrates, this is how it works.rdquo; Richard Enion, Dragon's Den Winner, BassToneSlap.com and R**

ldquo;Talk about blow the blinkin's doors off. This book goes way beyond the boardroom right into your head to make sure your brilliance starts from withinrdquo; (Admap, June 2016) From the Back Cover What would it mean if you could declutter your mind? When your mind is clear you can focus, solve problems and succeed. True clarity of thought leads to: Better decision-making Innovative thinking More time to focus on your priorities Better performance More of the results that matter to you Leaders in every field, from visionary entrepreneurs to Olympic medal winners, agree that clarity is the key to outstanding success. Now get clarity to work for you. **ldquo;A powerful, positive book that can help you achieve more than you ever thought possible, in every area.rsquo;mdash; Brian Tracy, Author of Goals and Eat That Frog ldquo;Thought-provoking, entertaining and potentially life changing ndash; highly recommended!rsquo;mdash; Michael Neill, Radio Show Host and Author of The Inside-Out Revolution** WWW.CLARITYBOOK.BIZ