

## Life Is Complex

The sheer complexity of life can create chaotic situations and plenty of stress. None of us are perfect. We are all works in progress, evolving in our own ways and directions.

We are all working on numerous projects and activities, both in our work and our personal lives. Professional, romantic, and familial relationships require our time and attention, each of them coming with their own obligations and responsibilities. It's a lot to juggle and manage, and it's impossible to do everything perfectly all the time, which is why finding methods to improve and grow in each of these areas—or tools—is sometimes necessary to carve out order from the chaos and ease the stress.

Even when things are going well, most of us can still find ways to optimize some aspects of our lives. The software in our phones and computers is constantly being updated to improve their performance. In the same way, we can seek to update our behavior. And when we do, we may discover deeper levels of productivity and ease, whether at work or at play. We learn we can indeed have more satisfying relationships and better mental, emotional, and physical health.

Yet the plethora of available tools can feel as mind-boggling as life itself. If you regularly engage in self-improvement, you may already be familiar with the sense of being overwhelmed that can ensue from attempting to parse this complex field. Amazon lists more than ninety thousand books in the “self-improvement” category. Choosing the most effective tool can be so confusing that it feels like it's not worth the effort.

It doesn't have to be that way.