

# Help (How To Find Peace of Mind When Facing A Turbulent World)

**Post by "Pacatus" of July 20, 2022 at 12:04 PM**

Yes. That's helpful. And not letting emotions become a hindrance also harks back to your earlier comments about keeping the day-to-day politics in perspective and embracing a worldview that makes the day-to-day politics "more livable." One can surely avoid becoming mired in what I call the "soap opera" without getting lost in some blank-mind "nirvana" of numbness. The sources I am weeding out are the ones that include too much toward soap-operatic stuff (where I got caught) -- as opposed to information and analysis, and reasoned opinion, which I can get from better sources.

To live is to feel -- both sensation and emotion.