

# Dr. Owen T. Ashton Illuminates Paths to Self-Mastery at LA Times Festival of Books 2024

*Rising Above Life's Turmoil: Owen T. Ashton, MD's Practical Guide to Harmony*

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/EINPresswire.com/ -- The LA Times Festival of Books 2024, held at the University of Southern California on April 20-21, was a resounding success, with attendees deeply inspired by [Dr. Owen Thomas Ashton](#)'s transformative book, [Living Above the Chaos](#): A

Practical Guide to Peak Performance and Self Mastery in a Crazy World. The event featured an engaging author interview with Dr. Ashton, and an exclusive book signing session that drew enthusiastic crowds.

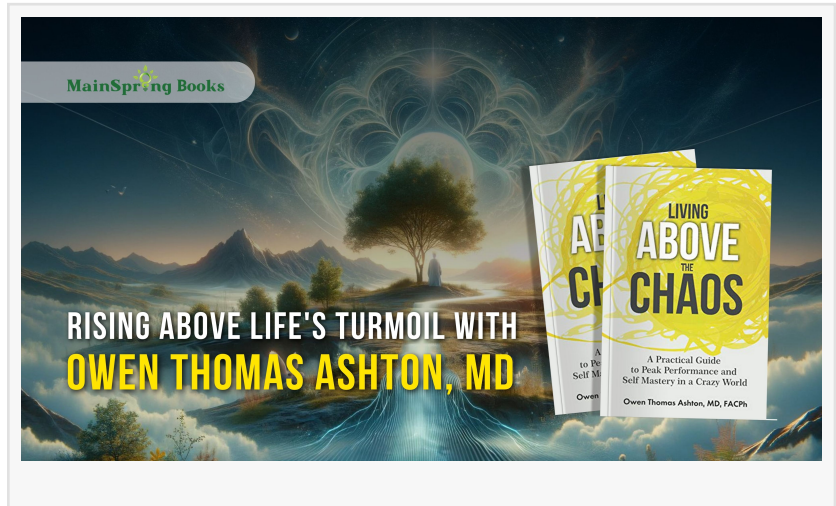
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My book aims to reveal our true nature, scientifically proven to be miraculous. Understanding this, we are inspired to care for ourselves and others better.”

*Owen Thomas Ashton, MD*

In *Living Above the Chaos*, Dr. Ashton combines his extensive medical background with personal insights to explore the concept of living a balanced life amidst the chaos of the modern world. The book delves into the four levels of awareness, the natural laws of consciousness, and the power of surrendering to Infinite Wisdom. Through engaging narratives and practical exercises, readers are guided on a journey of self-discovery, enabling them to transcend their limitations and embrace their true potential.

During his interview at the festival, Dr. Ashton shared, "My main goal in this book is to help people understand what their true nature is. Your true nature can now be scientifically demonstrated to be something akin to a miracle. Once we internalize the fact that our very existence on the planet is miraculous, we tend to take better care of ourselves and others." This powerful insight resonated deeply with the audience, emphasizing the book's core message of self-care and interconnectedness.



Dr. Ashton also reflected on the timely relevance of his book, stating, "Just about anyone can benefit from this book that lives on planet Earth. We're all living in the same chaotic environment. Everyone needs to learn to live above the chaos." His practical and scientifically grounded approach offers readers valuable tools to navigate the challenges of modern life.

The festival provided an excellent platform for Dr. Ashton to share his wisdom. Attendees eagerly participated gaining deeper insights into his unique approach that combines medical expertise with personal growth techniques. The book signing session further allowed readers to connect personally with Dr. Ashton, leaving with autographed copies and renewed inspiration.

Don't miss the opportunity to embark on a journey toward a more peaceful, joyful, and purposeful life with Living Above the Chaos. Dr. Owen Thomas Ashton's work continues to guide individuals in rising above life's challenges, offering a comprehensive guide to living a fulfilled life.

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