

# Calm Clarity

*author: Due Quach*

---

2026-06

## Synopsis

---

author	Due Quach
readBy	Emily Woo Zeller
inLanguage	english

We often don't realize how much control we have over our thoughts, feelings, and actions. On some days, the most minor irritation can upset us, but, on others, we are in our best form and can rise to challenges with grace. These fluctuations depend on the neural networks firing in our brains, but we have the power to consciously break hardwired thought patterns. Author Due Quach developed an intimate understanding of the brain during her personal journey of healing from PTSD.

According to Quach, people function in three primary emotional states: in Brain 1.0, people act out of fear and self-preservation; in Brain 2.0, they seek instant gratification; in Brain 3.0, their actions are aligned with their core values. Relying on the latest scientific research, ancient spiritual traditions, and her own personal journey, Quach explains how to activate, exercise, and strengthen Brain 3.0 so that we can take ownership of our thoughts, feelings, and actions. A supplemental PDF is included with this audiobook.

## Reader's comments

---

comment 1:

â€"â€" ()