



Clutter Busting

Brooks Palmer

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Piles of junk in garages and closets, overflowing papers on desks, items unused for years, masses of unanswered email, clothing never worn, useless gifts that collect dust — all these things, says Brooks Palmer, come weighted with shame and guilt and have a suffocating effect on spirit and soul. In this insightful book, Palmer shows how to get rid of the things in our lives that no longer serve us. By tossing out these unneeded items, we are also eliminating their negative influences, freeing up energy, and unlocking our potential.

Loaded with inspiring anecdotes and practical tips, Clutter Busting is based on the premise that your things are not sacred, but you are. The book explores such fundamental topics as the false identities we assume through clutter, the fear of change those junk piles represent, the addictive nature of holding on to objects, how clearing clutter makes room for clarity and sweeps away confusion and stasis, and much more. With Brooks's upbeat and compassionate guidance, you'll find yourself clearing the way for new and exciting things to come into your life.

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Cheree Rodriguez:

Spent a free time and energy to be fun activity to accomplish! A lot of people spent their leisure time with their family, or their friends. Usually they accomplishing activity like watching television, likely to beach, or picnic inside the park. They actually doing same task every week. Do you feel it? Do you need to something different to fill your own free time/ holiday? Could be reading a book might be option to fill your cost-free time/ holiday. The first thing that you ask may be what kinds of e-book that you should read. If you want to consider look for book, may be the reserve untitled Clutter Busting can be great book to read. May be it might be best activity to you.

Amanda Kline:

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