



Clutter Busting Your Life: Clearing Physical and Emotional Clutter to Reconnect with Yourself and Others

Brooks Palmer

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Cut the Crap — and Discover What Really Matters

Over the course of his career helping people let go of things they no longer need, Brooks Palmer has been struck by the many ways that clutter affects relationships. In these pages, he shows how we use clutter to protect ourselves, control others, and cling to the past, and how it keeps us from experiencing the joy of connection. With insight-prompting questions, exercises, client examples, and even whimsical line drawings, Palmer will take you from overwhelmed to empowered. His gentle guidance will help you to not only clear clutter from your home but also enjoy deeper, more authentic, and clutter-free relationships of all kinds.

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From reader reviews:

Rose Villegas:

A lot of people always spent their own free time to vacation or maybe go to the outside with them household or their friend. Did you know? Many a lot of people spent they free time just watching TV, as well as playing video games all day long. If you wish to try to find a new activity that's look different you can read a book. It is really fun for you personally. If you enjoy the book you read you can spent the entire day to reading a reserve. The book Clutter Busting Your Life: Clearing Physical and Emotional Clutter to Reconnect with Yourself and Others it doesn't matter what good to read. There are a lot of folks that recommended this book. They were enjoying reading this book. In the event you did not have enough space to bring this book you can buy the particular e-book. You can m0ore effortlessly to read this book out of your smart phone. The price is not to fund but this book features high quality.

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