



Breathing Room: Open Your Heart by Decluttering Your Home

Melva Green, Lauren Rosenfeld

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Cleaning out your cupboards isn't just about a tidier kitchen. Find peace, repair your past, and live a more fulfilled life with this uplifting guide to the spiritual practice of decluttering.

Bless your clutter. Yes, you heard right: Bless it. Bless everything in your life that is superfluous, broken, burdensome, and overwhelming—because it is all here to teach you an important lesson, perhaps the most important lesson there is: what really matters.

Everyone's lives could use some serious decluttering. But decluttering isn't just about sorting junk into piles and tossing things in the trash. Decluttering can inform us of our burdens, help us to understand our attachments, and aid us in identifying what is truly valuable in our lives.

Written by a medical doctor and a spiritual intuitive, with case studies of people just like you, *Breathing Room* takes you on an enlightening room-by-room tour where each room in your home corresponds to a "room" in your heart, and where decluttering will not just make space but improve the spirit.

So, if it's weighing you down, if it's become an obstacle, if it's making it near impossible for you to find the things you really love—it's time for you to let it go and find a little breathing room.

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Jules Thompson:

The guide with title Breathing Room: Open Your Heart by Decluttering Your Home has lot of information that you can find out it. You can get a lot of profit after read this book. This kind of book exist new understanding the information that exist in this e-book represented the condition of the world right now. That is important to yo7u to learn how the improvement of the world. This specific book will bring you in new era of the globalization. You can read the e-book on your own smart phone, so you can read the item anywhere you want.

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