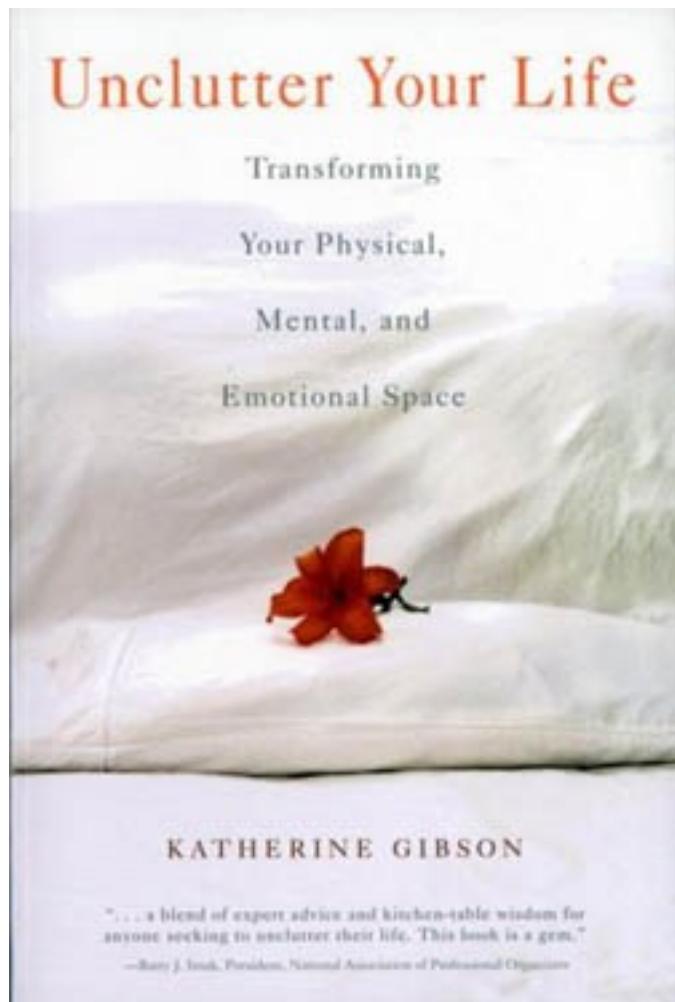


# Unclutter Your Life



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Chaos rules in our grab-and-run world. We shoehorn bits of life between too many

demands, made too often, from too many. In this 'Age of Everything', we stumble over the clutter that invades our homes and workplaces, assaults our minds and jumbles our emotions. Clutter has us in a vice and there's no letting go. While *Unclutter Your Life* exposes the clutter we see - a messy desk, junk under the bed, stuff in closets or jammed in the attic - it also expands the notion of clutter to include unseen obstacles that pack the in-tray of life such as technology, noise, money issues, and time stress. The book also addresses how emotions such as guilt, self-doubt, envy and toxic relationships clutter the spirit. Readers will come away with a clear understanding of how physical and psychological clutter creates chaos and confusion and limits creativity. The author shows that living and working among objects that are useful, beautiful or spiritually enhancing and discarding the rest and letting go negative emotions helps make life productive and joyful.

作者介绍:

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