



## Clutter Busting: Letting Go of What's Holding You Back

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By Brooks Palmer

New World Library. Paperback. Book Condition: new. BRAND NEW, Clutter Busting: Letting Go of What's Holding You Back, Brooks Palmer, Everyone knows they need to cut the crap out of their lives, and here's how to do it! Straightforward and focused, "Clutter Busting" shows how anyone can begin right now to clear the clutter and debris from their home, garage, office, and life. And, as defined in this book, clutter is anything that no longer serves us, from outdated clothes to old habits. Piles of junk in our garages and closets, overflowing papers on our desks and in our files, items unused for years, clothing we never wear, gifts received that we can't seem to toss out - they all represent dis-order and come weighted with guilt, shame, and a sense of crowded dis-ease. "Clutter Busting" is short and sweet, and takes as its premise that your 'things' are not spiritual or important, you are. Once the clutter is cleared, new things flow into your life, making this the perfect book to begin discovering what your life should truly be about - once you clear the accumulated yet now useless debris.

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