



## Clearing Clutter: Physical, Mental, and Spiritual (Paperback)

By Alexandra Chauran

Llewellyn Publications,U.S., United States, 2015. Paperback. Condition: New. Language: English . Brand New Book. Clutter brings stress to our lives. Whether it s in our home, cubicle, mind, life, or spirit, it s hard to be clearheaded and focused with so much stuff stressing us out. Clearing Clutter shows you how to clear clutter in all its forms: physical, mental, and spiritual. Feng shui is used when talking about clearing space in your home and creating a good flow of energy. Meditation is used to clear and focus our minds and thoughts and connect to spirit. Organizing and minimizing the physical objects around us brings positivity to each aspect of our lives.



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