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A Year to Clear: A Daily Guide to Creating Spaciousness In Your Home and Heart

Stephanie Bennett Vogt

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A Daily Guide to Simplifying, Decluttering, and Letting Go

With all our best intentions and rich resources, why is it so hard to slow down, simplify, and care for ourselves? Why are we so afraid to let go?

In A Year to Clear, leading space-clearing expert Stephanie Bennett Vogt takes you on a journey of self-discovery, letting go, and transformation. Each of the 365 lessons—organized into 52 weeklong themes—offers daily inspiration designed to release stress and stuff in ways that lighten, enlighten, and last.

This is YOUR YEAR to . . .

Free yourself of unwanted things in your home and mind by bringing awareness to messy habits and the outdated beliefs behind them.
Transform those mindless housekeeping tasks you do every day (on auto-pilot) into nurturing, soul-filled experiences.
Realize at the deepest level the essence of who you are and what you came here to be.

Stephanie’s methods of gentle encouragement and humor will guide you to look at the items and clutter in your home not simply as a “mess” to be dealt with, but as an outward reflection of your inner presence. By using her clearing exercises to clean up on the outside and the inside, both your physical and emotional realms will return to a sparkling state of balance and serenity.

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David Bergeron:

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Calvin Lee:

Information is provisions for folks to get better life, information these days can get by anyone on everywhere. The information can be a know-how or any news even a concern. What people must be consider while those information which is inside the former life are difficult to be find than now's taking seriously which one is acceptable to believe or which one typically the resource are convinced. If you obtain the unstable resource then you understand it as your main information you will have huge disadvantage for you. All of those possibilities will not happen inside you if you take A Year to Clear: A Daily Guide to Creating Spaciousness In Your Home and Heart as the daily resource information.

Sherry Hansen:

The reason why? Because this A Year to Clear: A Daily Guide to Creating Spaciousness In Your Home and Heart is an unordinary book that the inside of the publication waiting for you to snap the idea but latter it will distress you with the secret it inside. Reading this book alongside it was fantastic author who have write the book in such awesome way makes the content on the inside easier to understand, entertaining way but still convey the meaning completely. So , it is good for you because of not hesitating having this nowadays or you going to regret it. This amazing book will give you a lot of benefits than the other book have such as help improving your proficiency and your critical thinking way. So , still want to hesitate having that book? If I have been you I will go to the reserve store hurriedly.

Jill Weber:

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