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Your Spacious Self: Clear the Clutter and Discover Who You Are

By Stephanie Bennett Vogt

Hierophant Publishing. Paperback. Book Condition: New. Paperback. 224 pages. Dimensions: 8.9in. x 6.9in. x 0.7in. Its a jungle. . . in here! Most of us do too much, or have more possessions than we need. Or both. Our lives are caught in a swirl of attachments, overwhelm, and endless mechanical doing. As humans it is our nature to experience clarity and spaciousness all the time. The problem is we lose focus, get off balance, and forget how. With inspiring lessons, humorous stories, and nourishing practices in slowing down, simplifying, and self-care, longtime space clearing expert, Stephanie Bennett Vogt, shows you how to clear your home, quiet the mind, and restore your spirit, in ways that feel good and last a lifetime. Your Spacious Self shows us that its not our stuff, but holding on to it that creates a force field of stuckness that clouds our perceptions and paralyzes our lives. Clutter is not just the junk spilling out of the closet. It is any thing, or thought, that prevents us from experiencing our true nature and best life. Clearing is not a tedious exercise in throwing away, but a gentle journey of letting go - one small step, drawer, or...



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Reviews

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-- **Izaiah Schowalter**

Other Books



Too Old for Motor Racing: A Short Story in Case I Didn't Live Long Enough to Finish Writing a Longer One

Balboa Press. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. We all have dreams of what we want to do and who we want to become. Many of us eventually decide it is too late; we have missed...



The Day I Forgot to Pray

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DK Readers Day at Greenhill Farm Level 1 Beginning to Read

DK CHILDREN. Paperback. Book Condition: New. Paperback. 32 pages. Dimensions: 8.8in. x 5.7in. x 0.2in. This Level 1 book is appropriate for children who are just beginning to read. When the rooster crows, Greenhill Farm springs to life. Join the ducklings, cows, and...



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Molly on the Shore, BFMS 1 Study score

Petrucci Library Press. Paperback. Book Condition: New. Paperback. 26 pages. Dimensions: 9.7in. x 6.9in. x 0.3in. Percy Grainger, like his contemporary Bela Bartok, was intensely interested in folk music and became a member of the English Folk-Song Society soon after his arrival in...