

Clear Your Clutter With Feng Shui Karen Kingston

Our homes are so filled with clutter that it is difficult to clean them and the disorder is always on our minds making us anxious and depressed. We feel weighed down, exhausted and helpless at the thought of doing something about the mess. The author's goal is to help you to view clutter cleaning, not as a horrific chore that you constantly put off, but as a transformational experience that will in the end release negative emotions, generate more energy, and allow you to create what you want in your life. Learn how to identify clutter; Learn how to understand clutter; Learn how to assess your clutter; Discover how clutter affects you; Discover why people keep clutter; Discover how to use Feng Shui to help you. You will begin to understand why clutter drains your energy, prevents you from achieving your goals, affects your health, and even limits your relationships and opportunities. With a little feng shui magic, readers can unclutter their lives and watch as success, prosperity, and good health come their way. Checklists and clutter-busting ideas help homeowners tackle every room in the house.

Lillian Too is the world's leading authority on feng shui and the author of several bestsellers. Her latest offering is a colorful guide to revitalizing the home. It presents 168 surefire strategies for eliminating excess baggage, renewing energy, and generating new pathways within a house and mind. Start living a calmer, more balanced life with this all-in-one feng shui guide that explains the benefits that this energy healing technique can have on your mind, body, and spirit. Harness the ancient healing power of feng shui! Declutter your life, identify your qi, and reclaim your space with a brand-new perspective. Just by simply choosing specific colors and positioning your furniture in various places, you can take control of your space and your life. Feng shui is an ancient science involving the art of placement that can bring clarity to your life by showing you how to declutter your space and find the right energy flow that works to create a soothing environment and bring you joy. In The Little Book of Feng Shui, you can learn the basics of this practice, along with its history and how to balance and harmonize with the energies in any given space!in your home, workplace, or outdoor area. This beautiful and insightful book promotes healing through the choices you make for the spaces you inhabit and helps you learn how to heal yourself and live a happy, balanced life.

A Year to Clear

Clean Your Clutter, Clear Your Life

Liberate your space, clear your mind and bring in success

A Room-by-Room Guide to Energize, Organize, and Harmonize Your Space

Achieve Inner and Outer Harmony through Energy Work, Decluttering, and Feng Shui

A Heartfelt Guide to Downsizing

Clearing the Clutter for Good Feng Shui

From not enough space and too many things to not knowing what color to paint the living room walls, many of us struggle with our homes. Now Maxwell Gillingham-Ryan, frequent makeover expert on HGTV's Mission: Organization and Small Spaces, Big Style, shares the do-it-yourself strategies that have enabled his clients and fans to transform their apartments into well-organized, beautiful places that suit their style and budget. Week by week, Apartment Therapy will guide you to treat common problems, eliminate clutter, and revamp even the tiniest space. Here is an eight-step process that includes: • A therapeutic questionnaire to help you get in touch with your personal taste and diagnose your home's physical, emotional, and energy flow issues • A prescription with recommendations for each room based on your needs and lifestyle – including tips on how to use color, lighting, and accessories • A treatment plan, including regular maintenance schedules to ensure the ongoing health of your space • Illustrations of floor plans and decorative examples that allow you to visualize concepts before you begin With surprising ease and without elaborate professional help, Apartment Therapy will help you clear a path through disorder and indecision – to reveal a home you'll love.

Presents tips and strategies for effective house cleaning and organization.

Presents a guide to implementing feng shui for greater peace and balance in the home, with advice on furniture and decor arrangement, the use of light, music, water, and plants, and the impact of feng sui on personal health.

A complete yearlong course in clearing yourself of excess stress and stuff, this book features short contemplations, personal stories, tools, tips, one-minute practices, guided meditations, and wonderful questions to help readers create spaciousness in their lives. Stephanie Bennett Vogt will teach you how to unplug, detach, and clear to create more space and serenity in your life, what she describes as “the sacred process of removing clutter from both your house and your mind.” Included are 365 daily lessons organized into 52 weekly segments, with each lesson building on the others to develop one's clearing muscle and grow new habits that will last a lifetime. The week usually begins with a personal story to introduce the theme and ends on the 7th day with a “Check In” to review and integrate the experience. Sprinkled throughout are meditations, Q&As, and testimonials. At the end of each lesson the author gives the reader an opportunity to “explore” a topic with several open-ended statements designed to bypass the thinking mind and open the channels to one's highest wisdom. Weekly themes covered include: Moving Stuck EnergyConnecting with HomeBeing EnoughShining Light on Invisible ClutterLiving ImperfectlyWaiting It OutCultivating

StillnessForgivingFlourishing

Feng Shui Made Easy

Your Spacious Self

How Your Stuff Is Keeping You Stuck

Making Space, Clutter Free

Simplify Your Environment and Your Life

The Declutter Workbook

The House That Cleans Itself

Ruth Soukup knows all too well how stressful it can be to have a home packed to the gills, with an overbooked schedule to match. After years of overspending left her wallet empty and her home full, she realized it was time for a massive change . She began clearing her life, and her home, of clutter, one small step at a time. Over the course of thirty-one simple but powerful daily challenges she is sharing how you can do it too.

Certified Feng Shui Professional Ashley Cantley offers a modern take on Feng Shui, with a practical 11-step program and dozens of tips for creating abundance and achieving a balanced, fulfilling life.

Discover the magic of simplicity in this international bestseller, available for the first time in English. Dominique Loreau is the master in the art of de-cluttering and simplifying. Now her groundbreaking L'art de la Simplicité, a huge bestseller in her native France, is translated into English for the first time. Loreau's principle of “less is more” is set to change your life forever. Living in Japan and inspired by Asian philosophy, Loreau takes you on a step-by-step journey to a clutter-free home, a calm mind and an energized body. Free yourself of possessions you don't want or need; have more money to spend on life's little luxuries; eat better and lose weight; and say goodbye to anxiety and negative relationships. Give yourself the gift of health and happiness; to live fully and freely is to live with L'art de la Simplicité.

Accessible ancient wisdom for a happy modern home. Creating a powerful and healing home sanctuary is the essence of feng shui--the Chinese system of designing a space based on how energy flows. Feng Shui for Healing is a modern interpretation of this ancient wisdom, presented with empowering advice and step-by-step guidance for using your own space to nurture wellness and vitality. Improper feng shui can keep you from feeling comfortable in your home and keep you stuck in old thoughts, stubborn habits, and stalled health goals. But with this book, you can learn to free up that energy with simple, time-tested feng shui home edits--like adding imagery that fosters a lighter mood and happier relationships. When the energy in your space moves freely, you'll feel better inside and out. Feng Shui for Healing is your accessible guide to: Practical exercises--Discover simple rituals to sanctify your time and space, with actionable steps you can take right away. Mindful pauses--Simple breathing exercises are included throughout to help you slow down and check in with yourself as you take on this powerful home energy work. The 9 life areas--See how feng shui can enhance and protect family, friends, prosperity, health, reputation, career, creativity, relationships, and knowledge. Make your home more comfortable and restorative with this fun and easy start to feng shui.

Real Life Organizing

Free Yourself from Physical, Mental, Emotional, and Spiritual Clutter Forever

Clear Your Clutter

Clear Your Clutter with Feng Shui (Revised and Updated)

How to Minimize Conflict, Reduce the Clutter, and Improve Your Relationship

Clutter Intervention

Clear Your Clutter with Feng Shui

Move your stuff, improve your life! Feng Shui Master Practitioner Carol M. Olmstead has taught thousands of people the simple secrets of using Feng Shui to attract wealth, harmony, and love, and now she will teach them to you in the Feng Shui Quick Guide For Home and Office. The book gives you easy-to-follow basics and quick tips to make the practical magic of Feng Shui work for you. Learn how to attract wealth, find love, achieve harmony, improve relationships, grow your business or get a better job. Includes a monthly guide to clutter clearing, a day-by-day calendar of Feng Shui tips, and success stories from real people who followed these tips and made simple changes with big results.

"This is the book we need now...[It] illuminates the deeper "whys" behind each kind of clutter in your home so that you can peacefully release everything you need to and live buoyantly again!"—Sarah Bamford Seidelmann, author of Swimming with Elephants: My Unexpected Pilgrimage from Physician to Healer Get to the Heart of Why It's So Hard to Let Go of Your Stuff What's your clutter actually covering up? Once you're aware of the real issue, letting go is simple and decluttering can happen immediately. Using step-by-step instructions and easy-to-understand explanations, Tisha Morris shows you how to move into a new phase of life by ridding yourself of all that's holding you back. Everything in your home is an extension of your identity, and when you keep old stuff for too long, you get stuck in the past. Clutter Intervention teaches you about the psychological, emotional, and energetic components underlying your possessions, making it easier for you to let go and live authentically. Discover ways to clear out items associated with your past relationships, jobs, and unhealed grief. Learn how to handle blind spots, common excuses, and overcompensation. This book isn't about living with less. It's about living in alignment with the life you want.

Praise: "Clutter Intervention: How Your Stuff is Keeping You Stuck is a unique self-help guide to freeing oneself from both physical and emotional clutter. Being able to process and let go of pain or difficult memories is an invaluable ability. Chapters outline a declutter program for moving on past mementos from past relationships, previous careers, the glory days of youth, and even helpful tips for clearing out digital clutter. Highly recommended!"—Midwest Book Review

The Declutter Workbook delivers achievable dejunking projects that will fit into your life, no matter how chaotic your clutter or great your dread of the great clearout.

Reclaim your space, inside and out When you look at the clutter in your home, does it feel like you need an excavator to find the calm beneath the chaos? Do you try again and again to implement sustainable organizational systems without any success?

Does the reason for your clutter always seem to come down to too little time or not enough space? If so, the time has come to look at the clutter beneath the clutter--the fears, doubts, and energy drains that are the true culprits of the muck. In the follow her Wall Street Journal best-selling book What Your Clutter Is Trying to Tell You, decluttering expert, lifestyle designer, and coach Kerri Richardson helps you to: Understand the three core causes of clutter and how they directly manifest in specific rooms and forms of clutter Use practical and actionable exercises to clear out your clutter hot spots Reclaim your personal space for the thoughts, things, and people in your life that are important to you Whether you are tackling perfectionism, procrastination, or toxic relationships, Richardson's straightforward advice will help you to finally clear those stubborn stacks, piles, and boxes for a clean start, with a wealth of space for your freedom and happiness to grow.

Creating Sacred Space with Feng Shui

Uncover the Message in the Mess and Reclaim Your Life

Physical, Mental, and Spiritual

Clean Up Your Mindset to Clear Out Your Clutter

Finding Your Center, Getting in the Flow, and Creating the Life You Desire

Clearing Emotional Clutter

L'art de la Simplicité

In our fast-paced, high-tech world, more and more people are finding themselves overwhelmed by "stuff." From old clothes and receipts to unused appliances and broken electronics, messes come in all shapes and sizes. Overcrowded closets, bursting bureaus, and desks of disarray affect our environment and stifle our physical, emotional, and spiritual well-being. The Everything Feng Shui Decluttering Book shows you how to organize your belongings, create space, and promote positive energy flow in your home or office using simple feng shui principles. From identifying clutter and letting go to creating all-new storage and work spaces, this practical guide shows how clearing our environment of junk can lead to greater productivity, prosperity, and wellness. Also includes useful tips for: Defining clutter and identifying its physical, emotional, and spiritual effects Applying feng shui principles without sacrificing convenience Arranging spaces to enhance health, wealth, and relationships Eliminating clutter nightmares in the bedroom for a sound, restful sleep Conducting a clutter audit in the office so readers can get down to business Fun and easy to follow, The Everything Feng Shui Decluttering Book is a must-have for anyone seeking to create positive living and working spaces.

Learn mystical methods for clearing and uplifting the energy in your home, including feng shui, clearing clutter (physical, emotional, or spiritual), essential oils, and crystals. Space clearing is the art of cleansing and harmonizing the energy within an environment. This ancient practice has the power to not only make your home feel good but also help those within to feel more positive and energetic, to bring balance to relationships, and to remove blocks for increased abundance, creativity, and well-being. In this comprehensive guide to space clearing, internationally best-selling author Denise Linn distills more than 50 years of experience as a leading authority in energy healing to guide you through sacred ceremonies and modern techniques for regaining control of the energy in any environment, including your home and your body. You'll learn how to transform any space using feng shui, clutter clearing, prayer, crystals, essential oils, mystic mudras, holy water, pendulums, and more!

In this revised and updated edition of her classic, bestselling book, Karen Kingston draws on her wealth of experience as a clutter clearing, space-clearing, and feng shui practitioner to show you how to transform your life by letting go of clutter. Her unique approach lies in understanding that clutter is stuck energy that has far-reaching physical, mental, emotional, and spiritual effects. You'll be motivated to clutter clear as never before when you realize just how much your junk has been holding you back! You will learn: - Why people keep clutter - How clutter causes stagnation in your life - How to clear clutter quickly and effectively - How to live clutter-free

Live the Life of Your Dreams! Bring harmony and balance to every area of your life with this gentle and loving guide to beautiful living. Use the energy of bliss to transform yourself, healing your spirit and aligning with your most ideal flow. In her lighthearted, easy-to-read style, Tess Whitehurst introduces you to the nine life keys: serenity, life path, synchronicity, creativity, romance, radiance, prosperity, resilience, and synergy. Through simple, soul-nourishing metaphysical techniques, learn how to manifest your true desires and reconnect with your natural state of bliss. This remarkable book's holistic blend of Eastern wisdom and alchemical essences fuels your personal evolution with affirming rituals, symbols, deities, herbs, and many more energetically potent tools. The Art of Bliss is more than a guide—it's a way of life, serving as the trusty compass on your lifelong spiritual path. Praise: "Joseph Campbell said to 'follow your bliss,' but who knows how to find it? Tess Whitehurst will show you how."—Penney Peirce, author of Frequency and The Intuitive Way

"The Art of Bliss is an outstanding work that is destined to become a classic."—Melissa Alvarez, author of 365 Ways to Raise Your Frequency

The Eight-Step Home Cure

31 Days to a Clutter Free Life

The Little Book of Feng Shui

From Clutter to Clarity

The Quick Guide to Decluttering Your Home and Renewing Your Life

Feng Shui for Healing

The Last Book on Decluttering You'll Ever Need

Jayme Bartlett, the feng shui consultant to the rich and powerful of Beverly Hills, has written the most comprehensive and life changing book on the subject.

CLUTTER FREE SOLUTIONS FOR AN ORGANIZED HOME Real Life Organizing offers clutter free storage solutions and advice that can help you create a Pinterest worthy home on a small budget: Learn how to organize your home, simplify life and have more time for the things you love.

Organizational expert Cassandra 'Cas' Aarssen, the guru from YouTube's ClutterBug channel, reveals her tips, tricks and secrets to a clean and clutter free home in just 15 minutes a day. Aarssen, spends her time organizing other people's homes, teaching college workshops on organization, and creating weekly videos and blog posts. Cas offers diy Pinterest type tips to people like you who are interested in how to get rid of clutter and how to organize your home. Organized person on the outside: The secret to her success? She's a giant mess on the inside, but an organized person who can teach you how to get rid of clutter and organize your home once and for all. Simplify your life: In her debut book, Real Life Organizing, Cas walks you through the steps you can take to create a beautiful, organized, clutter free, and almost self-cleaning home ? a DIY Pinterest home. Simplify your life. You do not have to get rid of all of your things, you do not have to be a yoga loving minimalist, and you do not have to radically change your lifestyle or personality in order to simplify your life and have an organized home. The truth is that you do not need to actually be an organized person to live like an organized person. Organize home: Through her years of experience as an industry expert, Cas has uncovered easy and inexpensive tips, tricks and solutions that allow her to maintain a clean, organized and functional home with minimal effort. After you've read Real Life Organizing, you too will be able to live a more organized life without having to give up your sanity. In Real Life Organizing: Get a Clean and Clutter-Free Home in Just 15 Minutes, you will learn how to: • Create a Household Management Binder • Make a “Kids Cupboard” in your kitchen • Create an IN/OUT system • Organize paperwork based on your unique style • Create a Kitchen Command Center • Organize your holidays with a gift closet • Build the best toy organizing system • And, enjoy a DIY Pinterest home

"This isn't another Kondo-clone, because she dives into the heart of why decluttering is so difficult."— Booklist, STARRED Review Discover the freedom of a beautiful home, personal purpose, and joyful inner confidence Decluttering expert Tracy McCubbin offers revolutionary help to anyone who has repeatedly tried to break their clutter's mysterious hold. Her powerful answer lies in the 7 Emotional Clutter Blocks, unconscious obstacles that stood between thousands of her clients and financial freedom, healthy relationships, and positive outlooks. Once a Clutter Block is revealed—and healed—true transformation of home and life is possible. Her empowering techniques and strategies help you: Recognize and overcome your Clutter Block(s) to liberate your home. Lighten and purge without the rigidity of the other methods. Use your home to attain life goals like health, wealth and love. It's time to break through your Clutter Blocks and discover the lasting happiness waiting for you on the other side! Additional Praise for Making Space, Clutter Free: "What sets Tracy McCubbin apart is her kind and empathetic approach to organizing—she truly understands the psychology behind peoples' attachment to things."—Patricia Heaton "In Making Space, Clutter Free Tracy offers a realistic approach to managing your belongings. Instead of prescribing perfection, she understands our individual differences require individual strategies—and that it doesn't always need to be rational."—Cait Flanders, bestselling author of The Year of Less

Provides simple and effective techniques on how to create harmony and abundance by clearing and enhancing home and workplace energies, and explains the link between inner peace and the buildings in which we live. Original.

Clear the Clutter and Discover Who You Are

Feng Shui Quick Guide For Home and Office

The Everything Feng Shui De-Cluttering Book

Conquer the Clutter

50 Ways to Organize Your Life, Home Or Business So You Can Become More Calm, Focused and Happy

One Month to Clear Your Home, Mind and Schedule

How to Live More with Less

A Fresh Start to a Healthy Emotional Life Is emotional clutter blocking success in your personal and professional life? You've likely heard about the psychological benefits of clearing out the clutter in your surroundings, but how do you handle your emotional clutter — the psychological version of the jam-packed closet or impenetrable garage? Shutting away and trying to hide old pains and traumas creates toxic patterns that can keep you from having the life of your dreams. Integrating mindfulness and cutting-edge neuroscience, international mindfulness expert Donald Altman teaches how to modify entrenched habits and patterns with only a few minutes of attention daily. Altman first helps you realize what your baggage consists of and how to transform or jettison it. He then shows how to avoid the daily danger of accumulating new emotional clutter. No matter how fraught your life or relationships may be, you can cleanse, heal, or accept the old wounds, mistakes, and disappointments. With Altman's lifestyle tools, you'll discover how to address your past, better deal with the present, and cultivate the best possible future. Start fresh with Clearing Emotional Clutter.

IT'S A JUNGLE . . . IN HERE! Behind our stress, clutter, and confusion is an infinitely spacious place one might call stillness or joy. This is our natural state of being, but we usually don't experience it, because we are caught in a web of material possessions, desires, and fears. Our clutter often becomes another member of the family that we feed, house, and lug around. In Your Spacious Self, author and professional space clearing expert Stephanie Bennett Vogt shows us that it's not our stuff but the holding on to it that creates a force field of stuck-ness that clouds our perceptions and paralyzes our lives. Clutter is not just the junk spilling out of the closet. It is anything or thought that prevents us from experiencing who we truly are. With daily tips, meditations, and a decluttering checklist, Your Spacious Self will show you how to: CLEAR THE CLUTTER in your home and in your life REVEL IN YOUR OWN SPACIOUSNESS, a place of stillness and joy LET GO OF THE PEOPLE, PLACES, AND THINGS that no longer serve the joyous being that you are Radical in its message and elegant in its simplicity, Your Spacious Self offers a new model

that combines the ancient wisdom of space clearing with the modern practicality of clutter clearing. It teaches us that clearing is not just something we do but is also a powerful way to be—one small step, drawer, or moment at a time.

In the first section, use simple feng shui techniques to under your connection to your junk and why it can be so hard to get rid of it. Learn how to clear out what you don't need, room by room, with step-by-step methods to declutter using just five refuse bags, so you'll soon have a clear and tidy living space. Cleanse and energize the atmosphere with powerful and ancient space-clearing techniques, such as working with crystals and create a positive environment that inspires your confidence, health, relationships, and career. The second section is project-based with specific clutter-clearing tasks. Each one is timed so that you can choose what to do according to how much time you have. Questionnaires help you identify clutter overload areas, while sample room plans highlight how typical energy flow is obstructed by clutter. This guide is packed with ideas for storing your treasured objects and getting really organized so the junk stays away from your home for good!

Out of the kitchens and cupboards of Appalachia comes a warmhearted collection of tried-and-true methods for pickling and preserving fruits and vegetables. Part history, part practical recipe book, here homegrown cooks offer advice on everything from bleaching and drying produce to harvesting your own sorghum and making homemade apple butter. Recipes include: Watermelon Pickles Cucumber Relish Sauerkraut Quince Honey Pear Preserves Mint Jelly Leather Breeches Beans Foxfire has brought the philosophy of simple living to hundreds of thousands of readers, teaching creative self-sufficiency and preserving the stories, crafts, and customs of Appalachia. Inspiring and practical, this classic series has become an American institution. In July 2016, Vintage Shorts celebrates Foxfire's 50th Anniversary.

Designing Your Life with the Ancient Art of Placement

What to Do with a Houseful of Memories

The Foxfire Americana Library (3)

High-Vibe Feng Shui

The Art of Bliss

Children of Hoarders

Mindfulness Practices for Letting Go of What's Blocking Your Fulfillment and Transformation

Discover how to clear clutter in every aspect of your life: physical, mental, and spiritual. Remove junk from your living space with feng shui techniques. Rid yourself of mental clutter and restore balance with meditation exercises. Organize spiritual untidiness and find deeper meaning with tips and guidance from psychic professional Alexandra Chauran. Clearing Clutter is your perfect guide to letting go of unnecessary attachments and living in peace and tranquility. With simple steps, you can create change and achieve balance in your life. Through easy yet powerful exercises and techniques, clutter can be permanently cleared, making you happier and more productive in all that you do. Praise: "Clearing all three aspects—physical, mental, spiritual—is the only way to achieve the balance necessary to live a satisfying life. Written in an upbeat, conversational tone, Chauran's guidance is easy to hear." —Anna Jedrzejewski, Retailing Insight

Clutter is a temper tantrum of the soul, and it's time to listen closely to what it's saying. Clutter, with its overwhelming physical and emotional presence, can seem like it's one of our toughest inner critics. We see it and think it is telling us that we aren't neat enough or don't have enough control over our own lives. But what if we instead saw clutter as a messenger? And as opposed to confronting it with fear and loathing, we approached it with compassion and curiosity? With practical and warm advice, lifestyle designer and coach Kerri Richardson guides you to accept your clutter as a natural manifestation of your mind, body, and spirit looking out for yourself. It is your soul calling out for you to invest in self-care and to face the fears holding you back from being your best self. Richardson dives into the most common categories of physical clutter and provides efficient and effective steps for clearing the space for your physical, mental, and spiritual well-being to flourish. But more than house and home, Richardson encourages you to clear out the clutter of relationships and habits that have been occupying your time and energy for too long. From tackling your common clutter hot spots to preventing the accumulation of unneeded belongings in the future, the readily usable tools in these pages give you an achievable plan to maximize your house, home, and heart's potential.

Are you suffering from overwhelm? Has your life gotten cluttered up with too much to do, too many responsibilities or just too much stuff? Clear Your Clutter is the easy guide to getting organized and reclaiming your life. Sue Crum refers to herself as the accidental organizer and she believes if she can get organized, so can you. As an experienced professional organizer, educator and trainer Sue Crum outlines specific tips and techniques for clearing the clutter that's holding you back from greater productivity and happiness. This book has 50 pathways from which you can choose what's eating at you and how to get to greater success and laser action. Pick the section of the book that needs your focus: life, home or business, and dig in. You'll learn where to start, when to begin, how to stay motivated, and how to create that calm and happiness we all strive to have. The world is a cluttered place; your life doesn't have to be.

Get rid of clutter, reorganize your home, and revitalize your life with this simple guide to feng shui. What does the stuff in your home say about your life? Do your closets overflow? Is the area under your bed permanent storage space for junk? An ancient Chinese proverb says that if you want to change your life, you must move things in your home. In Feng Shui Your Life, Tisha Morris provides quick, easy, and practical feng shui techniques to help you get rid of clutter and rearrange your home. By following her simple steps and checklists, you can create an inviting, personal atmosphere in your home, ultimately renovating your life. Discover how to: Manageably clear clutter to optimize space Use lighting, color, and simple objects to create good energy flow Space clear to promote good health Integrate natural elements into your home to create harmony, prosperity, and happiness

How to Use Feng Shui to Get Love, Money, Respect and Happiness

365 Lessons to Create Spaciousness In Your Home and Heart

Apartment Therapy

Strategies to Identify, Manage, and Overcome Hoarding

A Practical Manual Using Feng Shui Principles

Move Your Stuff, Change Your Life

A Step-by-Step Guide to Improving Wellness in Your Home Sanctuary

An essential and accessible guide to increasing happiness, improving your financial well-being, and bettering your health through the timeless Chinese art of feng shui. Promising health, wealth, and happiness, feng shui offers endless appeal—at least in concept. Unfortunately, feng shui's seemingly complicated methods are often difficult to learn and apply in a meaningful way. Fortunately, Move Your Stuff, Change Your Life is written in plain and simple English for the modern Western reader. Revealing the ancient Chinese secrets that are as useful and necessary today as they have been for centuries, Move Your Stuff, Change Your Life communicates how to: · MEET "THE ONE" · FIND A DREAM JOB · EARN BETTER GRADES IN SCHOOL · ENJOY A

BETTER SEX LIFE

ASSERTIVENESS, MOTIVATION & SELF-ESTEEM. In this revised and updated edition of the classic, bestselling book on organizing, Karen Kingston teaches readers how to free up their lives by getting rid of clutter. Clutter is trapped energy that has far-reaching effects physically, mentally, emotionally, and spiritually. The simple act of clearing clutter can transform your life by releasing negative emotions, generating energy, and allowing you to create space in your life for the things you want to achieve. In this revised and updated version of Clear Your Clutter with Feng Shui, Karen Kingston, pioneer of a branch of Feng Shui known as Space Clearing, expertly guides you through the liberating task of clutter clearing. With new chapters on how to prioritize and detach from clutter, as well as new tips and advice throughout, you will learn: Why you keep clutter How to identify and clear clutter in your home or workplace How to clear clutter from your body, mind, and spirit How to stay clutter-free."

Clear Your Clutter and Transform Your Life! Clutter is trapped energy that has far-reaching effects physically, mentally, emotionally, and spiritually. The simple act of clearing clutter can transform your life by releasing negative emotions, generating energy,

and allowing you to create space in your life for the things you want to achieve. In Clear Your Clutter with Feng Shui, Karen Kingston, pioneer of a branch of Feng Shui known as Space Clearing, expertly guides you through the liberating task of clutter

clearing. You will learn: Why you keep clutter How to identify and clear clutter in your home or workplace How to clear clutter from your body, mind, and spirit How to stay clutter-free

Growing up with a hoarder can be a confusing, painful, and sometimes dangerous experience. And when it comes to finding help for a hoarder parent, many adult children find themselves taking on the exhausting role of caretaker. As the child of a hoarder,

you may be wondering what resources are available to you. Written by nationally recognized obsessive compulsive disorder (OCD) expert Fugen Neziroglu, a regular on the popular TLC television series, Hoarders, Children of Hoarders explores strategies

for communicating with hoarder parents and outlines practical intervention skills. In addition, the book shows readers how to let go of the personal shame and guilt associated with being the child of a hoarder. Using mindfulness, acceptance, assertiveness

and validation skills, this is the first book written specifically for adult children of hoarders that focuses on the interpersonal effects of hoarding. Inside, you will learn to communicate with your loved ones in a way that minimizes conflict, while still dealing with

the logistical and organizational issues that arise when living with or witnessing hoarding behavior. The book also includes tips for reclaiming living space, strategies for ensuring that the health and safety of residents is not compromised by the hoarder's

living conditions, and organizational tactics for sorting through the clutter after the death of a parent who hoards. As the child of a hoarder, sometimes it can be helpful to know that you are not alone. In Children of Hoarders, you will get the support that you

need to deal with your hoarder parent, and reclaim your own life in the process.

Pickling and Preserving

Clearing Clutter

Clean and Clutter-Free in 15 Minutes a Day

11 Steps to Achieving Your Best Life

The Ultimate Guide to Clearing Your Clutter

Feng Shui Your Life

Lillian Too's 168 Feng Shui Ways to Declutter Your Home

edu/title/conquer-clutter.

It's a rite of passage: the emotional journey of downsizing your or your aging parents' home. Here, syndicated home columnist Marni Jameson chronicles her own experience and blends it with

advice from national experts to sensitively guide readers through the difficult process. From opening that first closet to selling the house, she provides guiding lights and a strategy to

help readers accomplish the task quickly, respectfully, and rewardingly."

What Your Clutter Is Trying to Tell You

Secrets of Space Clearing