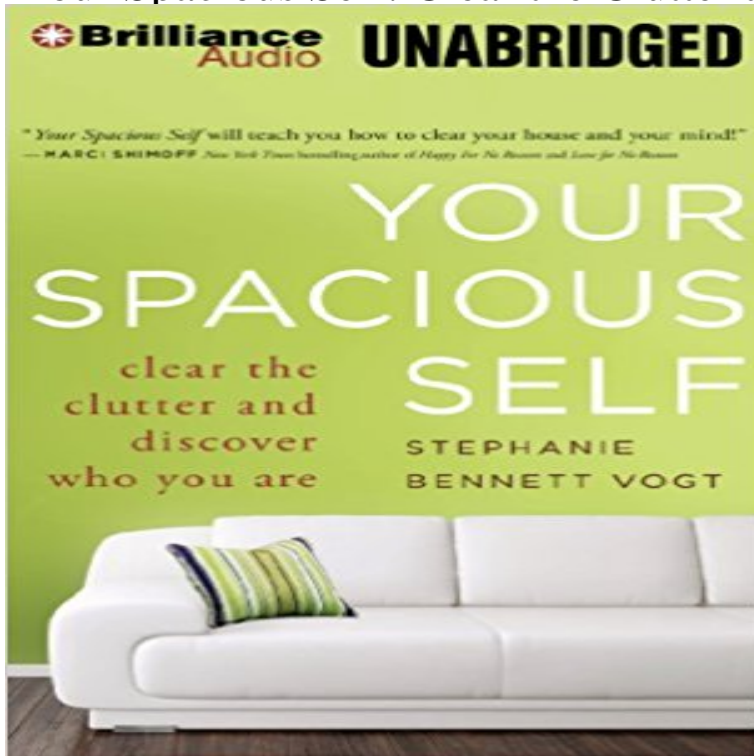


## Your Spacious Self: Clear the Clutter and Discover Who You Are



This is a fantastic book that is simple, practical, and incredibly soothing. The authors premise is that particularly in this time (a time when our lives seem to be lived at warp speed, a time when we are bombarded with unending tasks and choices, a time of psychological and economic dislocation, it is time to slow down, clear a space for oneself. This is a book that teaches you to revel in your own spaciousness, a place of stillness and joy. Our clutter, writes Vogt, becomes like another member of the family that we feed, house, and lug around. She 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. Clearing is not a tedious exercise of throwing away, but a gentle journey of slowing down, letting go, and cultivating self-care. Included are daily tips and meditations and a de-cluttering checklist.

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