



Mindfulness: The Beginners Guide:: A Guide to Inner Peace Tranquility. Easy Step by Step Guide to Reduce Your Stress and Live in the Present (Paperback)

By By Dominique Atkinson

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Discover How to Live with Less and Lead a Simpler, Happier Life with This Easy to Use Guide Step by Step method to organizing, simplifying and decluttering your home Few things seem to both fascinate and repel us like the kind of extreme clutter that comes from hoarding. A lot of people like to jokingly report that when they need to clean their homes, they just watch an episode of Hoarders and the cleaning seems to happen by magic before the episode has even finished. And while the vast majority of people out there aren't hoarders, many of them do have a level of clutter in their homes that is interfering with their lives on an unseen level. Most of us know this, which is why we have that awful niggling feeling in the back of our brains when an episode of Hoarders comes on the air. I've had the same fascination and repulsion myself many times. As a work-from-home, homeschooling mom, and as an artist, I can tell you that clutter is sneaky. It seems to multiply...



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