



Breathing Room: Open Your Heart by Decluttering Your Home

Melva Green, Lauren Rosenfeld

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Cleaning out your cupboards isn't just about a tidier kitchen. Find peace, repair your past, and live a more fulfilled life with this uplifting guide to the spiritual practice of decluttering.

Bless your clutter. Yes, you heard right: Bless it. Bless everything in your life that is superfluous, broken, burdensome, and overwhelming—because it is all here to teach you an important lesson, perhaps the most important lesson there is: what really matters.

Everyone's lives could use some serious decluttering. But decluttering isn't just about sorting junk into piles and tossing things in the trash. Decluttering can inform us of our burdens, help us to understand our attachments, and aid us in identifying what is truly valuable in our lives.

Written by a medical doctor and a spiritual intuitive, with case studies of people just like you, *Breathing Room* takes you on an enlightening room-by-room tour where each room in your home corresponds to a "room" in your heart, and where decluttering will not just make space but improve the spirit.

So, if it's weighing you down, if it's become an obstacle, if it's making it near impossible for you to find the things you really love—it's time for you to let it go and find a little breathing room.

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Maureen Smiley:

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