



# **A Year to Clear: A Daily Guide to Creating Spaciousness in Your Home and Heart**

*Stephanie Bennett Vogt*

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# A Year to Clear: A Daily Guide to Creating Spaciousness in Your Home and Heart

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## **A Daily Guide to Simplifying, Decluttering, and Letting Go**

With all our best intentions and rich resources, why is it so hard to slow down, simplify, and care for ourselves? Why are we so afraid to let go?

In *A Year to Clear*, leading space-clearing expert Stephanie Bennett Vogt takes you on a journey of self-discovery, letting go, and transformation. Each of the 365 lessons—organized into 52 weeklong themes—offers daily inspiration designed to release stress and stuff in ways that lighten, enlighten, and last.

This is YOUR YEAR to . . .

- Free yourself of unwanted things in your home and mind by bringing awareness to messy habits and the outdated beliefs behind them.
- Transform those mindless housekeeping tasks you do every day (on auto-pilot) into nurturing, soul-filled experiences.
- Realize at the deepest level the essence of who you are and what you came here to be.

Stephanie’s methods of gentle encouragement and humor will guide you to look at the items and clutter in your home not simply as a “mess” to be dealt with, but as an outward reflection of your inner presence. By using her clearing exercises to clean up on the outside and the inside, both your physical and emotional realms will return to a sparkling state of balance and serenity.

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### **From reader reviews:**

#### **Kyle Raya:**

Spent a free time for you to be fun activity to complete! A lot of people spent their leisure time with their family, or their very own friends. Usually they performing activity like watching television, going to beach, or picnic from the park. They actually doing same thing every week. Do you feel it? Do you want to something different to fill your own personal free time/ holiday? Could possibly be reading a book is usually option to fill your cost-free time/ holiday. The first thing you ask may be what kinds of guide that you should read. If you want to test look for book, may be the publication untitled A Year to Clear: A Daily Guide to Creating Spaciousness in Your Home and Heart can be good book to read. May be it might be best activity to you.

#### **Bruce Patton:**

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#### **Jamie Leal:**

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#### **Diane Wilson:**

What is your hobby? Have you heard which question when you got pupils? We believe that that issue was given by teacher with their students. Many kinds of hobby, Everybody has different hobby. And you know that little person just like reading or as studying become their hobby. You have to know that reading is very important along with book as to be the thing. Book is important thing to increase you knowledge, except your personal teacher or lecturer. You find good news or update concerning something by book. Different categories of books that can you choose to adopt be your object. One of them is this A Year to Clear: A

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