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## 356 - KRISTOPHER KELLEY

Clutter Busting Your Life: Clearing Physical and Emotional Clutter to Reconnect with Yourself and Others  
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**Clutter Busting your Life (Book) | Saint Paul Public ...**  
**Brooks Palmer's wife shares her clutter busting experience**

**Clutter Busting Your Life Clearing**  
Clutter Busting Your Life: Clearing Physical and Emotional Clutter to Reconnect with Yourself and Others Paperback - May 8, 2012 by

**Clutter Busting Your Life: Clearing Physical and Emotional ...**  
Clutter Busting, Letting Go of What's Holding You Back, Clutter Busting Your Life: Clearing Physical and Emotional Clutter to Reconnect with Yourself and Others. Watch videos where I talk about how to streamline your life, home, and work.

**Clutter Busting - with Brooks Palmer**  
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Clutter Busting Your Life: Clearing Physical and Emotional Clutter to Reconnect with Yourself and Others -- by Brooks Palmer. Over the course of his career helping people let go of things they no longer need, Brooks Palmer has been struck by the many ways that clutter affects relationships.

**Clutter Busting Your Life: Letting Go of What Doesn't ...**  
After years of being in a parental fog with small children, we knew it was time to start clutter busting. In The Emotional Toll of Clutter, Jessie Sholl explains the many reasons why we develop clutter in our homes. Regardless of how or why things collect in our homes, one thing is clear - too much stuff can cause feelings of immense anxiety, depression, confusion, insecurity, and shame.

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**Clutter Busting Coach - ...clearing clutter from your mind ...**  
Here are 15 Clutter Busting Routines we have found helpful in our home: 1. Place junk mail immediately into a recycling bin. Take note of the natural flow of mail into your home. Placing a recycling container prior to your "mail drop-off zone" can catch most of that junk mail before it even reaches your counter.

**15 Clutter Busting Routines For Any Family**  
Feng Shui Clutter-Clearing: 12 Months of Tips. Finally empty that junk drawer. Toss most of the junk and add a tray to organize the things you want to keep. Focus on trash. Walk through your rooms with a trash bag in hand, focusing on corners that have become invisible over time.

**Use Feng Shui to Clear Your Clutter**  
You need to begin to purge things from your life. Getting clear in your life by dealing with your physical clutter (big clutter and small clutter) will allow you to direct your precious energy towards creating the clear path to living your best possible life. About 30 Days to Clarity: Clutter Busting.

**Clutter Busting: Decluttering for Fall + Holiday Prep**  
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junk in garages and closets, overflowing papers on desks, items unused for years, masses of unanswered email, clothing never worn, useless gifts that collect dust — all these things, says Brooks Palmer, come weighted with shame and guilt and have a suffocating effect on spirit and soul.

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By devoting a little of your time to getting rid of the clutter in your life and maintaining things relatively clutter-free, you'll reap the rewards of pleasing living areas, reduced stress, and a more organized and productive existence.

### **How to Declutter Your Life and Reduce Stress ... - Lifehack**

Brooks Palmer, author of Clutter Busting and Clutter Busting Your Life, is available for Skype/Zoom/online sessions to help you clear your home, office, and life of anything that no longer ...

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Clutter Busting your Life Clearing Physical and Emotional Clutter to Reconnect With Yourself and Others (Book) : Palmer, Brooks : The author of the best-selling Clutter Busting books looks further into how holding on to things we no longer need affects relationships and offers thought-provoking questions, exercises and examples to help create clutter-free lives.

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