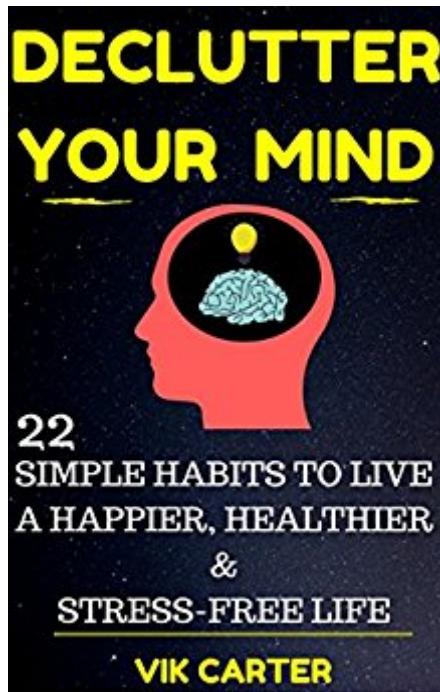


The book was found

Declutter Your Mind Now - 22 Simple Habits To Declutter Your Mind & Live A Happier, Healthier And Stress-Free Life: How To Eliminate Worry, Anxiety & ... A Richer Life (Decluttering Secrets Book 1)



Synopsis

Would You Like To ELIMINATE NEGATIVE & STRESSFUL THOUGHTS From Your Mind? Do You Want To OVERCOME WORRY & ANXIETY? Are You Interested In Feeling MORE RELAXED, HAPPY & HEALTHY? In this book, I tell you about how you can get more peace, happiness and clarity into your life just like I did. I have gone through the process of decluttering my mind and practice the habits and techniques outlined in this book. I used to often feel overwhelmed, anxious and stressful prior to using the techniques I have detailed in this book. I remember days when I used to feel anxious and worried about my work, stressed about different things in my life, and overwhelmed in general. I learned about and started practicing the strategies listed in this book to ensure that I feel better and take care of my overall health. So, I have filled this book with step-by-step information, practical tips and useful suggestions to help you to declutter your mind, and live a MORE RELAXED, HAPPY & HEALTHY LIFE. This book, "22 Simple Habits To Declutter Your Mind & Live A Happier, Healthier And Stress-Free Life" will show you how to:

- Declutter your mind of negative thoughts and emotions
- How to be free of worry, anxiety and stress
- Be happier, more relaxed and stress-free

When You Read This Book, You Can IMPROVE YOUR LIFE By Learning How To:

- Feel Happier By Using A Time-Tested Strategy In Chapter 1
- Let Go Of Negative Thoughts & Emotions As Detailed In Chapters 3 & 20
- To Be Free Of Worry & Anxiety As Shown In Chapter 8
- Beat Stressful Thoughts By Following Chapter 2, 7 & 10
- Find More Clarity By Following The Steps In Chapters 2, 3 & 4
- Have More Fun & Improve Your Health
- 11 Have A Clear Mind As Detailed In Chapter 12
- WHAT YOU WILL LEARN, WHEN YOU READ "22 Simple Habits To Declutter Your Mind"
- Habits To Let Go Of Worry & Anxiety
- Ways To Cut Negativity From Your Life
- How To Deal With Stressful Thoughts
- Habits That Improve Your Health & Help You Relax
- Techniques To Feel Better Mentally & Emotionally
- How To Let Go Of Chaotic Thinking & Find More Peace
- Easy ways to clear your mind of cluttered and chaotic thinking
- Detailed Steps About How To Declutter Your Mind
- Straightforward Steps To Clear Your Mind Of Chaotic Thinking

"22 Simple Habits To Declutter Your Mind & Live A Happier, Healthier And Stress-Free Life" is filled with detailed step-by-step information, real world examples & useful tips. This book covers a full range of topics on decluttering the mind. It includes detailed and helpful information about how to declutter the mind, steps to let go of excessive and negative thinking, how to deal with worry, anxiety, and stress, and much more.

TO FEEL HAPPIER & LET GO OF ANXIETY, STRESS AND NEGATIVE THINKING FROM YOUR LIFE

scroll to the top of the page and click the BUY NOW button. This book is about: Declutter Your Mind Book, Decluttered Mind, Stop worrying, Relieve anxiety, Eliminate negative thinking, Eliminate stress, Stay Happy, Live A Richer Life, Clarity in work, life,

relationships and Improve decision making, practicing mindfulness, unquiet mind, disciplined mind, unbeatable mind.

Book Information

File Size: 2514 KB

Print Length: 67 pages

Simultaneous Device Usage: Unlimited

Publication Date: July 19, 2017

Sold by: Digital Services LLC

Language: English

ASIN: B0743BS49B

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #135,078 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #12

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#14 in Books > Health, Fitness & Dieting > Addiction & Recovery > Hoarding #49 in Kindle

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Customer Reviews

This is one of several books on decluttering your mind that I have read in a row. I like the authors approach to provide 22 how-to's which you could try out in any sequence. It's a practical book that does not go heavily into the theory which in other books make it much harder to enjoy. It's been edited pretty well with only a small handful of typos and errors which is not that noticeable. So much better than others I have recently read. Disclosure: I was offered a free copy of this book by the author in return for an honest review.

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