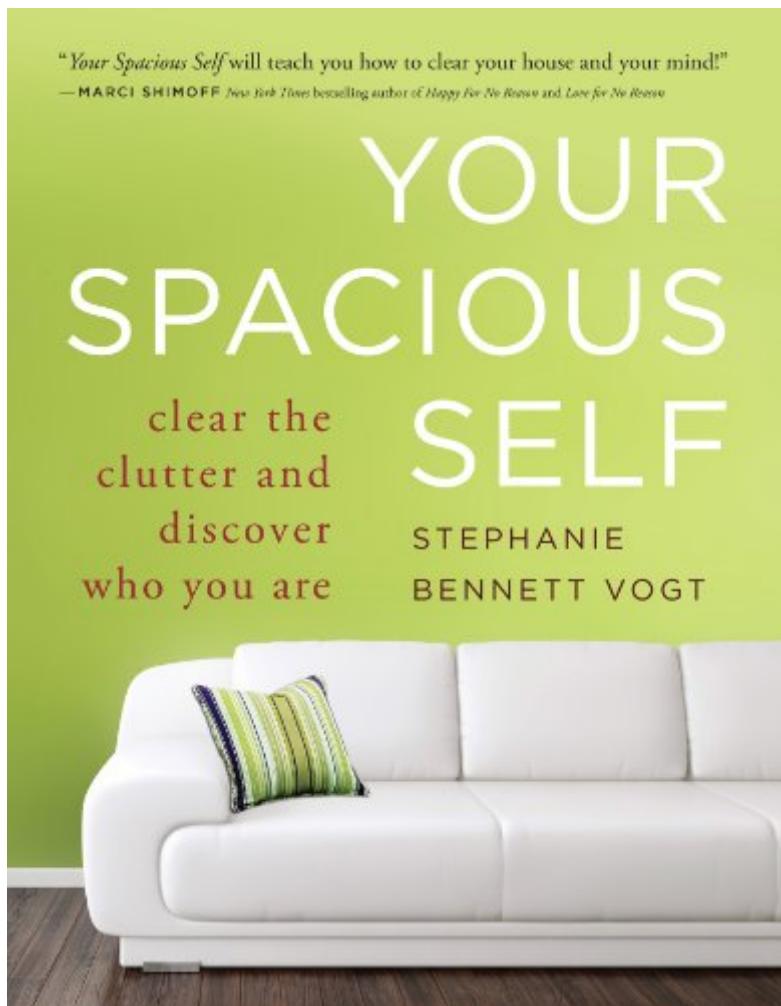


The book was found

Your Spacious Self: Clear The Clutter And Discover Who You Are



Synopsis

It's a jungle...in here! Behind our stress, clutter, and confusion is an infinitely spacious place one might call stillness or joy. This is our natural state of being, but we usually don't experience it, because we are caught in a web of material possessions, desires, and fears. Our clutter, writes Vogt, a longtime space clearing expert, "becomes like another member of the family that we feed, house, and lug around." She shows us that it's not our stuff, but the holding on to it that creates a force field of "stuck-ness" that clouds our perceptions and paralyzes our lives. Clutter is not just the junk spilling out of the closet. It is any thing or thought that prevents us from experiencing who we truly are. Clearing is not a tedious exercise of throwing away, but a gentle journey of letting go - one small step, drawer, or moment at a time. With all-new nourishing lessons in slowing down, simplifying, and self-care, Your Spacious Self shows you how to clear your home, quiet the mind, and restore your spirit, in ways that feel good and last a lifetime. Included are daily tips and meditations, a weekly worksheet, guidelines for starting and maintaining a clearing support group - perfect for book groups and support groups.

Book Information

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Customer Reviews

This book has changed my life. I've been reading one small chapter a day, along with my devotions in the morning, and working the questions in a separate journal. In less than a month our house has been transformed. In clearing our house, I've also cleared deep pain in regards to some life situations. wayward kids, and my mom, who's a stroke survivor who we care for, tho she lives alone. Lots of stress, but the house is a refuge again and not a chief stressor. Thank you so very much.

I am slowly going through this book and loving every page! It is not a book to read through quickly and think "you've got it." It is one to do slowly, thoughtfully and you will find yourself expanding and relaxing! It's wonderful. I am making it part of my morning devotional routine. I highly recommend it.

I love this book. Yea, yea, I know what I'm supposed to do, but sometimes I just need a little encouragement. Stephanie really gets behind the psychology of why we just don't clear the clutter. She really knows how to motivate. I've followed her suggestions, and well, my house is in great order, and I have more free time to spend doing things I enjoy. Thanks Stephanie - your smart and fun!

I'm reading Vogt's book along with taking her online course, and finding both resources very helpful in reimagining my 'space' issues. Ideas are communicated in a thoughtful and constructive way, and I'm adjusting my own pace accordingly. It's a good read, and a good working document! Highly recommend!

Stephanie's book helped to catapult me from my long winter's nap and discover what was buried under the sweaters and thermals. Her voice shines through as a compassionate presence encouraging and prodding me to move into spaciousness. Equal parts teacher and spiritual guide, Stephanie asks us to "live life in present time, embrace the shadow when it shows up, and enter each moment with innocent curiosity." The interactive format requires the reader to shift awareness, set an intention, observe behavior with forgiveness and ACT!! Readers who appreciate yoga and meditation will resonate with Stephanie's method of creating space within and without.

Excellent book! I had this in my Kindle for a while and had forgotten about it and at just the right time in my life I realized it was there. I found it comforting to know that someone understood how I felt

about my possessions and offered kind words to help me de-clutter. I still have a lot of work to do but this book was instrumental in developing a new mindset.

The BEST book ever on cleaning up your life for you to live the life you were meant to live!! Your soul wants you to embark on this journey!! Order this book to experience a transformation!

This book really makes you conscious of the difference between human "needs" versus "wants" and helps a person examine the human tendency to acquire for the sake of acquiring (both material goods and carrying around outdated thought patterns). I think it provides a serious wake-up call for all of us to ask the important question "Why am I here?". All in all, I find it a very worthwhile book.

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