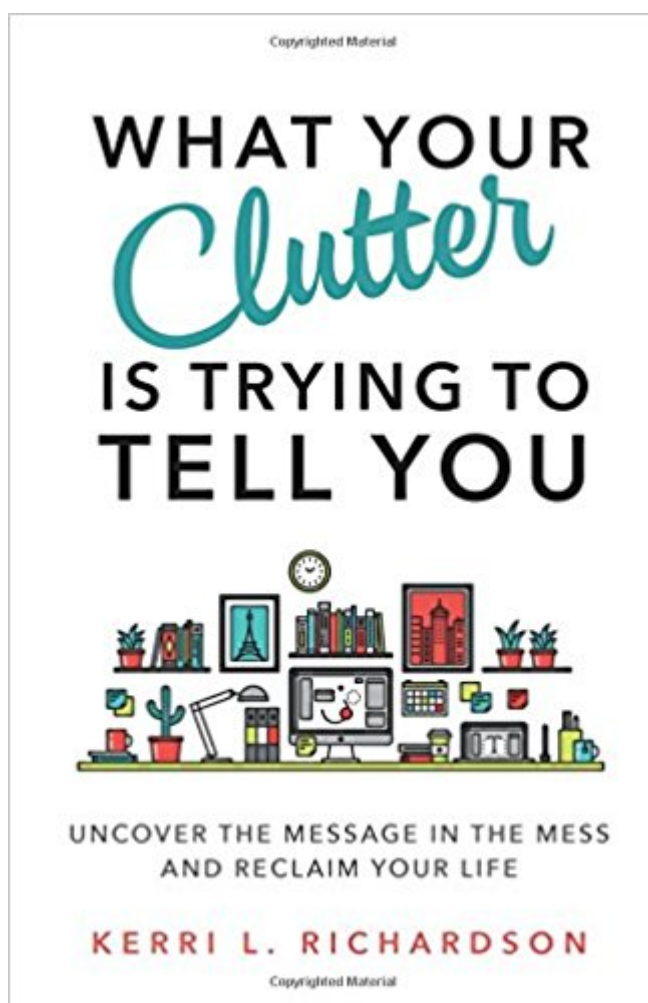


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What Your Clutter Is Trying To Tell You: Uncover The Message In The Mess And Reclaim Your Life



Synopsis

With a practical, warm, and welcoming approach, lifestyle designer and coach Kerri Richardson guides you to accept your clutter as a natural manifestation of your mind, body, and spirit looking out for yourself. It is your soul calling out for you to invest in self-care and to face the fears holding you back from being your best self. Richardson dives into the most common categories of physical clutter and provides efficient and effective steps for clearing the space for your physical, mental, and spiritual well-being to flourish. But more than house and home, Richardson encourages you to clear out the clutter of relationships and habits that have been occupying your time and energy for too long. Actionable clutter-clearing activities provide the foundation of this achievable plan to maximize your house, home, and heart's potential.

Book Information

Paperback: 128 pages

Publisher: Hay House, Inc. (August 15, 2017)

Language: English

ISBN-10: 1401953018

ISBN-13: 978-1401953010

Product Dimensions: 5.5 x 0.3 x 8.5 inches

Shipping Weight: 5.6 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 2 customer reviews

Best Sellers Rank: #28,667 in Books (See Top 100 in Books) #44 in Books > Crafts, Hobbies & Home > Home Improvement & Design > How-to & Home Improvements > Cleaning, Caretaking & Relocating #331 in Books > Health, Fitness & Dieting > Mental Health > Happiness #810 in Books > Self-Help > Personal Transformation

Customer Reviews

Kerri Richardson is a lifestyle designer and trained coach with 15 years of experience. She has worked with thousands of people throughout her career, helping them to identify and eliminate clutter of all kinds in their lives so they can play bigger in life. You can visit her online at KerriRichardson.com.

I received this book yesterday and will admit that I am not that far into it, but so far...so far, it's led me to some insights into the clutter that I have not just in my house but in my mind that I've already gotten my money's worth. I feel validated as I read it, and have a more compassionate

understanding of myself. I hadn't realized that I was being so hard on myself over my clutter, but the negative self talk has been overwhelming - and now that I know it's there, I can start to let it go. Do yourself a favor, get this book, it's so worth it!

Let's face it. A book about getting rid of clutter is not new. The way author Kerri Richardson lays it out though is. In fact, it is a very different sort of book. While it does flirt with the self-help genre, it is done so with love. Perhaps that is what makes it such a refreshing read. It is written and administered with love; the 1 Corinthians sort of love wherein love is patient and love is kind. Richardson is both of those. Rather than bludgeoning the reader with discouragement and guilt, she makes no assumptions and instead uses her own testimonies to layout the situation as well as those of her clients. For instance, there is the story of Mark, who purchased a custom-tailored tuxedo to attend a fru fru event with his longtime girlfriend. That night a situation of unfaithfulness came to light and the relationship dissolved. Mark kept the tuxedo (likely because of the initial price) even though the sight of it turned his stomach with reminders of betrayal and lies. Kerri springs off that scenario to talk about how we can have emotional clutter that keeps us from truly significant opportunities in life. Perhaps what is best though is Kerri's use of "Action Time" at the end of chapters. These are exercises of affirmation and empowerment that may seem silly at first but really help a reader get to the root of a clutter issue. They are solid, well thought out, and yet still quite encouraging. What Your Clutter Is Trying To Tell You is not groundbreaking but it does help the reader break new ground. (Did that make any sense?) Kerri is clearly exceptional in her field and shows why walking the walk is every bit as important as talking the talk.

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