



# **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Free yourself of unwanted things in your home and mind by bringing awareness to messy habits and the outdated beliefs behind them.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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