



# Clean Your Clutter, Clear Your Life

*Gaylah Balter*

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## **Clean Your Clutter, Clear Your Life** Gaylah Balter

Our homes are so filled with clutter that it is difficult to clean them and the disorder is always on our minds making us anxious and depressed. We feel weighed down, exhausted and helpless at the thought of doing something about the mess. The author's goal is to help you to view clutter cleaning, not as a horrific chore that you constantly put off, but as a transformational experience that will in the end release negative emotions, generate more energy, and allow you to create what you want in your life. Learn how to identify clutter; Learn how to understand clutter; Learn how to assess your clutter; Discover how clutter affects you; Discover why people keep clutter; Discover how to use Feng Shui to help you. You will begin to understand why clutter drains your energy, prevents you from achieving your goals, affects your health, and even limits your relationships and opportunities.

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