

Breathing Room Open Your Heart By Decluttering Home Lauren Rosenfeld

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Breathing Room: Open Your Heart by Decluttering Your Home provides you with ideas, along with why, you should remove un-needed things from your life. In fact, we all could use some serious decluttering, which according to the authors is a spiritual process that links us to what's really important.

Breathing Room: Open Your Heart by Decluttering Your Home ...

Breathing Room: Open Your Heart by Decluttering Your Home eBook: Melva Green, Lauren Rosenfeld: Amazon.co.uk: Kindle Store

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Colors Of Fruits And Vegetables In One Day. Try A Handful Of Unsalted Nuts As A Snack. Try A Breathing Exercise To Help With Stress. Count How Many Glasses Of Water You Drink In One Day.

Breathing Room Open Your Heart By Decluttering Your Home ...

In each chapter, Green and Rosenfeld focus on a different room, showing how each one represents a corresponding place in your heart In this work, Melva Green, expert on A&E's Emmy-nominated series 'Hoarders', along with Lauren Rosenfeld, creator of the popular blog 'Your To Be List', help you find emotional healing and spiritual renewal through the unique practice of decluttering.

Breathing room : open your heart by decluttering your home ...

Breathing Room: Declutter Your Heart, Declutter Your Home: Open Your Heart by Decluttering Your Home by Melva Green at AbeBooks.co.uk - ISBN 10: 1582704570 - ISBN 13: 9781582704579 - Atria Books - 2014 - Softcover

9781582704579: Breathing Room: Declutter Your Heart ...

The premise of this book "Breathing Room" is that all of the clutter we have in our homes is ultimately simply a manifestation of the clutter we carry within our hearts.

Breathing Room: Open Your Heart by Decluttering Your Home ...

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