



# Clutter Busting Your Life: Clearing Physical and Emotional Clutter to Reconnect with Yourself and Others

*Brooks Palmer*

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## **Clutter Busting Your Life: Clearing Physical and Emotional Clutter to Reconnect with Yourself and Others** Brooks Palmer

Over the course of his career helping people let go of things they no longer need, Brooks Palmer has been struck by the many ways that clutter affects relationships. In these pages, he shows how we use clutter to protect ourselves, control others, and cling to the past, and how it keeps us from experiencing the joy of connection. With insight-prompting questions, exercises, client examples, and even whimsical line drawings, Palmer will take you from overwhelmed to empowered. His gentle guidance will help you to not only clear clutter from your home but also enjoy deeper, more authentic, and clutter-free relationships of all kinds.



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