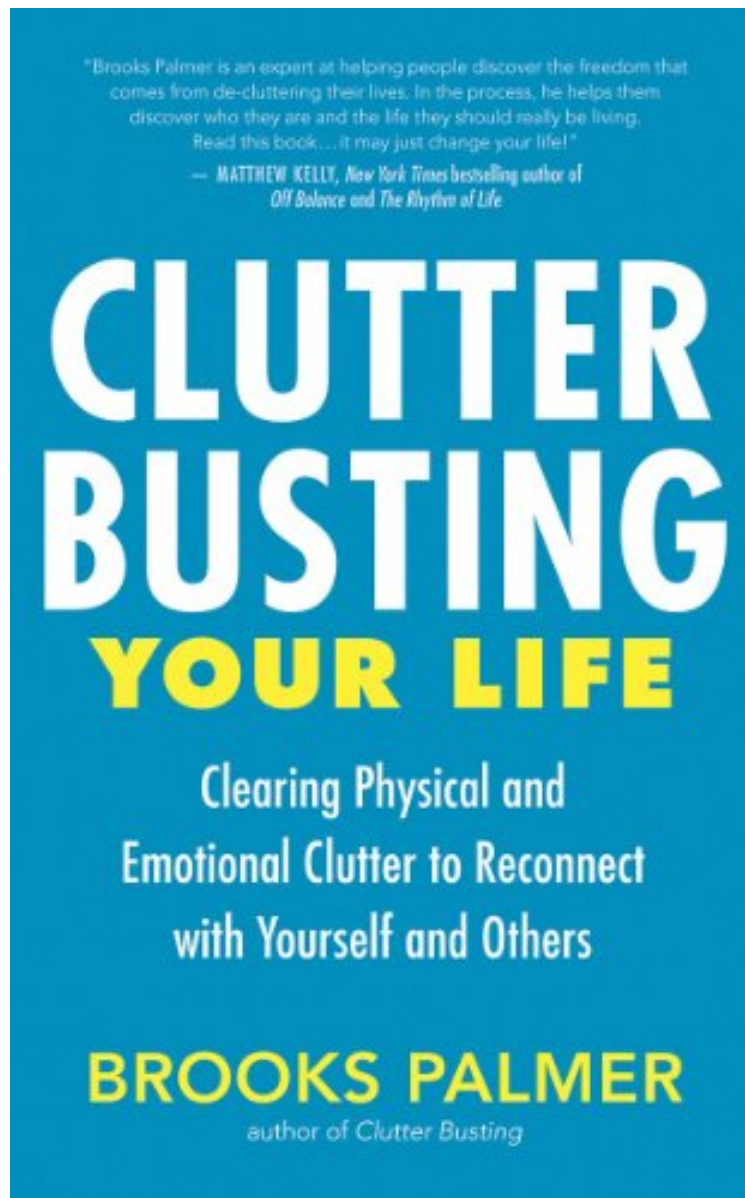


(Mobile library) Clutter Busting Your Life: Clearing Physical and Emotional Clutter to Reconnect with Yourself and Others

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

Brooks Palmer

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Brooks Palmer : Clutter Busting Your Life: Clearing Physical and Emotional Clutter to Reconnect with Yourself and Others before purchasing it in order to gauge whether or not it would be worth my time, and all praised Clutter Busting Your Life: Clearing Physical and Emotional Clutter to Reconnect with Yourself and Others:

56 of 56 people found the following review helpful. Life ChangingBy P. MaxwellNo one understands and explains our connection with clutter better than Brooks. His thoughts and words are brilliant in their simplicity. He is like having a kind parent or loving friend at your side to support you. I never really "got it" until reading his books. And along with that understanding comes the inspiration to change. The transformation I've experienced is nothing short of amazing.It's about so much more than physical clutter. You could benefit from reading this book even if your living space is in order. It really is a book about loving and accepting yourself and being free to just be - like a butterfly emerging from a chrysalis. It is the exact opposite of someone telling you what to do or what you should do. You get to be yourself without having to please anyone or follow any rules. You get to listen to your heart. Reading this book is a gift to yourself.9 of 9 people found the following review helpful. Of my half-dozen clutter books, this was the only one that helped.By MagicbirdThere's clutter and there's clutter. There are some people who say "Oh, my house is such a mess" when their house isn't a mess, and they have NO IDEA how painful it is to be a person who can't control clutter in their lives.The Thing that made this book different from the others is that it made me realize just how much my emotional baggage tied in with my clutter. For the first time I had hope that maybe I could have an uncluttered house, same as other people have uncluttered homes.I'm not saying that this book paved the way to an Uncluttered House for me because it didn't. I had interruptions--2 deaths in the family, other stressful things that happened, and a major life-changing event since reading this book. I had to ask myself yesterday, feeling heart-sunk, how I managed to leave a single sock of mine lying in the middle of the living room rug. After all that I'd learned? How could I let that happen?Still this book has given me something that I can feel I can go back to and make things work because I resonate with it. Unlike other books and other authors, this author understood my problem--he didn't feel like an outsider looking in to something he couldn't understand. He understood that a person couldn't just throw away a small Tibetan bell, a souvenir like the one my brother gave me 40 years ago (which my brother probably doesn't remember giving me in the first place). It's a trinket or junk to other people, probably even to the Tibetans, but.....and this author said, "Don't leave old, broken technological devices like old non-working cameras for your heirs to have to sort through when you die." Good advice, first time I've ever heard it. The book helps.48 of 50 people found the following review helpful. Brooks Palmer is a genius!!!By Melissa J. KellyUntil I discovered Brooks Palmer, Peter Walsh was my favorite inspirational, you-can-declutter-your-life guru. In fact, the methods used by Brooks and Peter are a lot alike. Both men have a respectful but no-nonsense approach to make the reader "feel okay about letting go" of STUFF. All that STUFF that has accumulated for (sometimes) decades.I'll admit it. I'm a clutter bug who owns a massive collective of decluttering and organizing books. (Yeah, yeah, I know...) I have over 200 of them. I have read almost all of them more than once, and have never given any of them away. I also own CDs and DVDs on organizing and play them over and over. By now, one would expect my home would be spotless. Ah, but one would be wrong.Admit it---you're like me. You watch Peter Walsh on Oprah, buy books, Google tips, etc. So the concept of decluttering should be simple, right? So why don't we get up off the couch or bed and actually DECLUTTER to make a difference in our own lives? Because we need motivation. Brooks Palmer is that motivation.Though it's a question I've heard before, phrased in various ways, Brooks's question "Do you love this, or can you let it go?" was enough to make me release my grip on some treasures. Since reading his books (this one and his previous one), I have given away more and more items on Freecycle to other people who will actually USE THEM. My decluttering has also been motivational to my mother, much to the delight of the Boy Scout troop she gifted all her camping and fishing gear to.Brooks says that many people declutter as a defense against being hurt by others---I came to that realization myself about 10 years ago, and I do believe that self-protection is part of the reason I have kept a cluttered home. I know that I can read and read and read and read and read about clutter, decluttering, and organizing...but until I am ready to actually DO IT...well, it's all a waste of time until I'm ready to take that first step and change my life. I decided I am ready...it's going to take a long time and I may need help along the way, but I am ready.If you're also ready to change your life, BUY THIS BOOK---once you read it, there's no turning back. It will motivate you to give away items that are cluttering your life, your mind, and your heart, very easily and without pain or sense of loss. This is the best \$11 you'll ever spend---spend it. Your future is waiting for you.

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.

“Brooks Palmer is an expert at helping people discover the freedom that comes from de-cluttering their lives. In the process, he helps them discover who they are and the life they should really be living. Read this book...it may just change your life!”— Matthew Kelly, New York Times bestselling author of *Off Balance* and *The Rhythm of Life*“Brooks Palmer wisely reveals that clutter is a state of consciousness, one that we can transform into a profound

awareness of what lies beneath the fortress built of stuff, be it physical, psychological, or even spiritual. Fortunate are those who apply his compassionate methods for growing in self-love, self-respect, and self-trust.”— Michael Bernard Beckwith, author of *Spiritual Liberation* “Filled with interesting stories and useful guidance about replacing physical and emotional baggage with freedom and joyful relationships.”— Harville Hendrix, PhD, author of *Getting the Love You Want* “Brooks Palmer provides inspiring examples, humor, and encouragement to help readers let go of clutter, along with small steps that can help people create a new and joyful life. If you’re looking for ways to let go of clutter, then this book is for you.”— Tammy Strobel, author of *You Can Buy Happiness (and It’s Cheap)* and *RowdyKittens.com* “Clutter is so much more than the physical objects we cling to. Fortunately, Brooks Palmer is so much more than a clutter buster. The defenses, anger, and general dopiness we use to protect our tender selves are no match for his gentleness, humor, and insight...I’m beginning to think that Brooks might be able to clutter bust us all the way to world peace.”— Colleen Wainwright, writer, speaker, and creator of Communicatrix.com