



Year to Clear: A Daily Guide to Creating Spaciousness In Your Home and Heart

Stephanie Bennett Vogt

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Free yourself of unwanted things in your home and mind by bringing awareness to messy habits and the outdated beliefs behind them.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

Year to Clear: A Daily Guide to Creating Spaciousness In Your Home and Heart Details

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Terrie says

Took me 2 years to do a one year book, but I finally made it. My plan for 2018 is to start over and do it all again. Really helpful.

Elizabeth says

This is the second best book about decluttering that exists - the best being Marie Kondo's "The Life-changing Magic of Tidying up". But Marie Kondo's book is all simple practicality. This one is about that more elusive decluttering project, of focusing brain and feeling and getting at root causes of not just clutter but dissatisfaction, delusion and distress.

An easy task? No, but nothing is more worth doing.

The author is a yoga teacher and practitioner, and it shows.

Annburnett says

Enjoyed reading this book. It is very good for motivating you to clear clutter of all kinds.

Kathy Claiborne says

Helped in many ways

I read this book straight through instead of taking the year as intended. I think I needed the "answers" too badly to take it slowly. The plan is to go through it again or to do one of the online courses in 2019 which starts tomorrow.

Lisa Shultz says

This book covers many aspects of clearing: physical, mental and emotional. I bought the book because I am investing in clearing many parts of my life. The book is designed to be read a day at a time for a year. I admit that I usually read a week at a time and took breaks here and there. Nonetheless, I finished it and found many valuable nuggets of worthy suggestions. Now I am passing it on to a friend for the next year.

Sharon says

Even though this is not a long book, I deliberately took my time when reading it. I am in the midst of a year-long course based on this book, and I didn't want to get *too* far ahead.

Well, the good news is that I read it at a decent pace that allowed me to incorporate where I was in the lessons with where I was in the book. The bad news is that I still finished it way ahead of time! Luckily, the lessons come once a day to my e-mail, so I'm not stuck referring back to the book all of the time.

This is an interesting approach to clearing clutter, starting with understanding that clutter is partially mental - that is to say, fear-based. That sense of panic you might feel when you are working on clearing needs to be overcome by basically fooling your amygdala out of worrying about lack. This book contains many useful lessons to help you get there, and also to help you recognize when your amygdala kicks in so that you know it's time to quit for the day rather than pushing to the point of panic.

I found the book extraordinarily useful and am employing its techniques on an ongoing basis.

Mary says

This book changed my life. Set up as a book of daily meditations, reflections, and exercises to help you transform your life, this book was so effective at helping me see and address my life foibles that I referred to it as The Magic Workbook. I picked it up to help me deal with household clutter and got so much more - a deeper understanding of my family of origin and of how early life lessons prepared me for my current life. Day by day, I was able to identify and chip away at those things that are holding me back. I highly recommend this to anyone in search of their true self, their best self, or even just a better relationship with their self and their life.
