



Breathing Room: Open Your Heart by Decluttering Your Home

Lauren Rosenfeld, Melva Green

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Cleaning out your cupboards isn't just about a tidier kitchen. Find peace, repair your past, and live a more fulfilled life with this uplifting guide to the spiritual practice of decluttering.

Bless your clutter. Yes, you heard right: Bless it. Bless everything in your life that is superfluous, broken, burdensome, and overwhelming—because it is all here to teach you an important lesson, perhaps the most important lesson there is: what really matters.

Everyone's lives could use some serious decluttering. But decluttering isn't just about sorting junk into piles and tossing things in the trash. Decluttering can inform us of our burdens, help us to understand our attachments, and aid us in identifying what is truly valuable in our lives.

Written by a medical doctor and a spiritual intuitive, with case studies of people just like you, *Breathing Room* takes you on an enlightening room-by-room tour where each room in your home corresponds to a "room" in your heart, and where decluttering will not just make space but improve the spirit.

So, if it's weighing you down, if it's become an obstacle, if it's making it near impossible for you to find the things you really love—it's time for you to let it go and find a little breathing room.

Breathing Room: Open Your Heart by Decluttering Your Home Details

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From Reader Review Breathing Room: Open Your Heart by Decluttering Your Home for online ebook

Lisa Shultz says

I read tons of books about decluttering. This one was excellent! The first part was about getting clear on the intention of each room. Each chapter offered a blessing for that room as well, and I liked that blessing a lot. The second part of the book dives into spiritual decluttering: heart, mental and emotional clutter, relationships, roles and responsibilities. I particularly loved the concept of passing your clutter through the three gates of meaning: "Is it true to my intentions? Do I use it? Is it kind to my heart and spirit?" I highly recommend this book!

Fellini says

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Rebecca says

A good read, probably one of the few decluttering books that directly talked about the link between stuff and emotional health. Some of the word choice was a bit too new age mystic sounding for me, but there were good points made.

Margie says

L.O.V.E.D I.T!

Judy Collins says

A special thank you to Atria Books/Beyond Words and NetGalley, for an ARC in exchange for an honest review.

This was my first book by Melva Green or Lauren Rosenfeld – what a dynamic duo! I loved **BREATHING ROOM: Open Your Heart by De-cluttering Your Home**, from the first page, and prior to finishing the first chapter found myself bookmarking each page, as so inspiring! (loved reading their background).

Two wise and passionate women, guide readers with clarity-- how to learn from spaces where we live, and create rooms that reflect peace and nourishment. They offer sensitivity and humor as each demonstrate the connection between living and heart space. There are fabulous spiritual exercises throughout the book, with valuable information and stories, as you create a more healthy and balanced life of self-reflection and

learning.

For me, it was not about the stuff in my house; however, more importantly my heart, mind, and spirit offering a clear guide for your inner self, not just your physical world. Sometimes it is hard for me to be still long enough to meditate, and this engaging book was so Zen, to help me on my journey.

Step One: Stop and Listen; Step Two: Intend, Step Three: Clear the Energy. Final section covers Embracing the Sacred Messiness of Life (how to stay in in this attitude). The spiritual method is called SLICE an anagram for Stop and Listen. Intend. Clear the Energy. A holistic approach to de-cluttering. You have to de-clutter both your home and heart as they work hand in hand together.

Breathing Room was so much more for me than about decluttering the home, since this has been achieved. However, this book is about uncluttering your mind spiritually and emotionally (as failed to do this step). With social media, technology at our finger tips 24/7, and tons of websites to update daily, demands, feeling overwhelmed, and stress - this is another example of clutter within in our minds. We need to disconnect totally at times.

Love this quote from the book: *“The heart is often a forgotten sacred space. The heart is meant to be touched by joy, laughter, happiness and innocence. Instead it often carries suffocating burdens, anxiety, fear, and worry.” We live in a world of stress, burnout and breakdown.*

This book was SO for me in this regards. As a Type A, high achiever, and perfectionist, it is hard to stop working and achieve balance with personal life. Breathing Room was so helpful, as a guide to train you to take care of yourself and learn to say, NO to things which take away your time and energy and what is best for you. Keep a journal – of those emotional blockages --it works!

This is not just a, “read once”, kind of book. Breathing Room is a continued resource guide with a wealth of critical and healthy information, as you find your own breathing room.

I am also a vegan, which I find a very healthy choice for myself and my lifestyle. It is a way of life and with the help of these two fine authors and this brilliantly written book, I can now start de-cluttering my mind and attitude, in order to open up new and endless possibilities. *I highly recommend for any woman or man of any age.*

Judith D. Collins Must Read Books

Lisa says

I received a copy of this book through a Goodreads giveaway.

This is who this book is intended for:

- Middle-aged women (mostly due to the style of language, and due to all of the anecdotal stories in the book focusing on middle-aged women)
- Those who have *mild to moderate* clutter difficulties
- Those who *want* to enact change in their lives and already have sufficient motivation to do so

The book may not be so helpful for:

- True hoarders - i.e., those who have more than just a mild to moderate amount of clutter
- Those who do not think they have a problem or those who do not have the motivation to change their ways

Given that I have several people in my life who fall into the latter category (i.e., are true hoarders), I was a bit disappointed that "Breathing Room" did not turn out to be the sort of book that I thought could be given to them as a form of help. Instead, this book would certainly be useful for those who have "untidy" areas of the house and want to improve the situation, but could simply use a bit of inspiration in order to tackle those areas.

I was a bit distracted by repetitive reference to "the Divine One," the "Divine," and other terms that referenced a "higher power" and "nurturing Mother Nature." I felt that this language was unnecessary, but I suppose it is meant to foster a source of comfort and meaning for the reader.

I found useful the general spiritual guidance repeated throughout the book, which mainly relates to clutter inside the heart being directly related to clutter in the home.

Overall, I recommend this book for those with a mild to moderate clutter problem who want to tackle the problem and who would like a bit of "spiritual inspiration," but not for those facing a major hoarding situation.

Ladiibug says

Non-Fiction

G/R Giveaway - First Reads

The authors explore and explain the connection between cluttered rooms and having emotional "clutter". Moving room by room, decluttering the space, as well as processing emotional issues are explored.

The reader is advised to "listen to your clutter. Yes, clutter speaks. It speaks volumes! It can tell us about our attachments, fears and worries." (page 25)

Specific exercises are shared when dealing with the emotions that cause clutter, or stop a person from dealing with the clutter.

This is a very helpful book. In trying to declutter my home and keep it that way, I previously had only struggled in terms of time and motivation. I couldn't seem to find the time, when in reality I have plenty of time. Motivation was a huge stumbling block.

This book discusses decluttering in a very different light, which has been helpful to me to reframe this problem in a way that's easier for me to process.

This book has helped me tremendously, to view the order and decluttering in a gentle and positive way, instead of feeling frustrated and overwhelmed and guilty. Those emotions, as the authors point out, are not useful - the authors offer specific exercises to defuse the guilt and other negative emotions. This alone is worth reading the book for. Just acknowledging and letting go of these negative reactions releases a burden and transforms the decluttering efforts into a gentle and positive way.

This is a book I'll reread, or refer back to certain sections, when I need help keeping the clear areas in order.

Charity says

I really like the gentle, inside-out approach this book takes towards all sorts of clutter, both the standard clutter of material stuff and the brain and schedule clutter that goes along with the stuff. I was encouraged as well as disappointed to find that many of the suggestions the authors make are things I've already implemented. (Encouraged because perhaps I'm on the right track and disappointed because I was hoping to find more I could do to clear out those things that leave me feeling overwhelmed.)

I plan to dip back into this book in the months to come as I engage in the ongoing process of working through my calendar and my home. I think it will help to keep me on track to be reminded of the suggestions. I'm also hoping that the authors' guidance will help me more consciously teach my children how to recognize what's feeding their growth and intentionally fill their lives with these things and remove from their lives what's extraneous to their becoming the people they hope to be.

Alexandra Savitska says

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Colleen says

A beautiful, enlightening book about being compassionate with ourselves and our clutter. By creating breathing room in our homes and hearts we can lead fuller, happier, more meaningful lives. I have truly been inspired to work on the space I live in (both heart and home) to open up the world that was meant to be lived.

I received a free copy of the book through a Goodreads giveaway, and am truly grateful, but in no way influenced my opinion or review of the book.

Assem Malika says

Nice and quick read

Joy says

I won this book from a Goodreads giveaway.

I wish I had a book like this a long time ago, it would have been very useful in many ways.

This book teaches you not only how remove physical clutter from your home (there are sections to read for each room), but also teaches you how to clear spiritual and emotional clutter, and clutter in relationships. You learn how to understand whether or not a particular item, thought, person, etc. is really serving your present life, and how to kindly let go if it is not.

This book had amazing points, stories, and quotes. Its contents are broken up quite well, just in case you want to skip back and forth through different sections, instead of reading it from beginning to end.

There are some (mostly journaling) exercises in each section that help you work through your feelings about your clutter. I admittedly found a few of them silly at first, but the point is to get you to face emotions in attachment that you have been avoiding. I found it all pretty useful.

I found this book to be a very refreshing and realistic approach to tackling obstacles that many of us have to deal with, either physically or emotionally.

I would recommend this book to anyone who is struggling with different types of clutter, and is ready to try a different approach.

Scott Haraburda says

Goodreads First Reads Giveaway Book.

Many people want to simplify their lives. **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.

The authors embark on a room-by-room tour of the typical home and discuss its spiritual importance, linking it to the rooms in your heart. The main problem discussed in the book is if you absorb more than you let go, the room will become a cluttered drain in your life. The real solution is that you need to let go of those things that weigh you down and detract you from finding the things you really love, giving you more breathing room.

The authors are Lauren Rosenfeld and Melva Green, both who are qualified to discuss the book's topic. Rosenfeld has a couple of graduate degrees, which she uses as a professional Soul Declutterer. Green is a board-certified psychiatrist who serves as an expert on the A&E show *Hoarders*.

Breathing Room is a good book to help you with giving you more breathing room in your life. If you add this to your library and don't follow its advice, it'll just add more clutter to your house.

Tatyana Naumova says

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Michelle says

This is a home related book that I couldn't wait to curl up on the couch with and see if I could declutter my home. My first instinct was to look for pretty pictures and interior design inspiration but this was not that kind of book. It seemed I had to reach much deeper than that and look both on the spiritual and practical side.

This book talks about how we declutter our homes of paperwork and stuff in the same way we should declutter our minds and our hearts to let more joyful things in. It made me realise that its not just about clearing the stuff at home but also the stuff inside of me that are unwanted things.

The first part of the book is about the rooms in your home and going through them. Then the second part of the book is about clearing the energy and how you can do that - letting go and saying no to clutter. The concept is simple - if it's weighing you down, if it's become an obstacle, if you can't find the things you love, then it's time to let it go and find a little breathing room.

This book is spiritually thought provoking but it is also action oriented. The spiritual method is called SLICE an anagram for Stop and Listen. Intend. Clear the Energy.

This book was quite easy to follow but you had to be in the mood to concentrate it wasn't just a nice fairy land story you could get lost in. You had to read and think and self reflect all the way through. I found it to be quite hard work to read through in one sitting and actually had this book on the go for about 3 months before I finished it. This is not a read once kind of book and I know I'll use it as a reference book for many years to come.

I recommend this book to home lovers who want to see a different side of your home and yourself and who need a helping hand to clear your clutter at home and within yourself.
