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# Clear Your Clutter With Feng Shui

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#### **Clear Your Clutter with Feng Shui** *Harmony*

ASSERTIVENESS, MOTIVATION & SELF-ESTEEM. In this revised and updated edition of the classic, bestselling book on organizing, Karen Kingston teaches readers how to free up their lives by getting rid of clutter. Clutter is trapped energy that has far-reaching effects physically, mentally, emotionally, and spiritually. The simple act of clearing clutter can transform your life by releasing negative emotions, generating energy, and allowing you to create space in your life for the things you want to achieve. In this revised and updated version of Clear Your Clutter with Feng Shui, Karen Kingston, pioneer of a branch of Feng Shui known as Space Clearing, expertly guides you through the liberating task of clutter clearing. With new chapters on how to prioritize and detach from clutter, as well as new tips and advice throughout, you will learn: Why you keep clutter How to identify and clear clutter in your home or workplace How to clear clutter from your body, mind, and spirit How to stay clutter-free."

#### **Clear Your Clutter with Feng Shui (Revised and Updated)**

#### **Free Yourself from Physical, Mental, Emotional, and Spiritual Clutter Forever** *Harmony*

In this revised and updated edition of her classic, bestselling book, Karen Kingston draws on her wealth of experience as a clutter clearing, space-clearing, and feng shui practitioner to show you how to transform your life by letting go of clutter. Her unique approach lies in understanding that clutter is stuck energy that has far-reaching physical, mental, emotional, and spiritual effects. You'll be motivated to clutter clear as never before when you realize just how much your junk has been holding you back! You will learn: - Why people keep clutter - How clutter causes stagnation in your life - How to clear clutter quickly and effectively - How to live clutter-free

#### **Clear Your Clutter with Feng Shui** *Harmony*

Clear Your Clutter and Transform Your Life! Clutter is trapped energy that has far-reaching effects physically, mentally, emotionally, and spiritually. The simple act of clearing clutter can transform your life by releasing negative emotions, generating energy, and allowing you to create space in your life for the things you want to achieve. In Clear Your Clutter with Feng Shui, Karen Kingston, pioneer of a branch of Feng Shui known as Space Clearing, expertly guides you through the liberating task of clutter clearing. You will learn: Why you keep clutter How to identify and clear clutter in your home or workplace How to clear clutter from your body, mind, and spirit How to stay clutter-free

#### **Clear Your Clutter With Feng Shui** *Piatkus*

Clearing clutter can radically transform your life. Drawing on her wealth of experience as a feng shui, space clearing and clutter clearing consultant, Karen Kingston explains how clutter is stuck energy that has far-reaching physical, mental, emotional and spiritual effects. This book will motivate you to clutter-clear as never before, once you realise just how much your junk has been holding you back! Learn: - Why people keep clutter - How clutter causes stagnation in every area of your life - Why clearing clutter is essential for effective feng shui - How to clear clutter quickly and effectively - Karen Kingston's top ten clutter clearing tips

#### **Creating Sacred Space with Feng Shui** *Broadway*

Provides simple and effective techniques on how to create harmony and abundance by clearing and enhancing home and workplace energies, and explains the link between inner peace and the buildings in which we live. Original.

#### **What Your Clutter Is Trying to Tell You**

#### **Uncover the Message in the Mess and Reclaim Your Life** *Hay House, Inc*

Clutter is a temper tantrum of the soul, and it's time to listen closely to what it's saying. Clutter, with its overwhelming physical and emotional presence, can seem like it's one of our toughest inner critics. We see it and think it is telling us that we aren't neat enough or don't have enough control over our own lives. But what if we instead saw clutter as a messenger? And as opposed to confronting it with fear and loathing, we approached it with compassion and curiosity? With practical and warm advice, lifestyle designer and coach Kerri Richardson guides you to accept your clutter as a natural manifestation of your mind, body, and spirit looking out for yourself. It is your soul calling out for you to invest in self-care and to face the fears holding you back from being your best self. Richardson dives into the most common categories of physical clutter and provides efficient and effective steps for clearing the space for your physical, mental, and spiritual well-being to flourish. But more than house and home, Richardson encourages you to clear out the clutter of relationships and habits that have been occupying your time and energy for too long. From tackling your common clutter hot spots to preventing the accumulation of unneeded belongings in the future, the readily usable tools in these pages give you an achievable plan to maximize your house, home, and heart's potential.

#### **Secrets of Space Clearing**

#### **Achieve Inner and Outer Harmony through Energy Work, Decluttering, and Feng Shui** *Hay House, Inc*

Learn mystical methods for clearing and uplifting the energy in your home, including feng shui, clearing clutter (physical, emotional, or spiritual), essential oils, and crystals. Space clearing is the art of cleansing and harmonizing the energy within an environment. This ancient practice has the power to not only make your home feel good but also help those within to feel more positive and

energetic, to bring balance to relationships, and to remove blocks for increased abundance, creativity, and well-being. In this comprehensive guide to space clearing, internationally best-selling author Denise Linn distills more than 50 years of experience as a leading authority in energy healing to guide you through sacred ceremonies and modern techniques for regaining control of the energy in any environment, including your home and your body. You'll learn how to transform any space using feng shui, clutter clearing, prayer, crystals, essential oils, mystic mudras, holy water, pendulums, and more!

### **Clear Your Clutter with Feng Shui**

#### **Clearing the Clutter for Good Feng Shui** *Friedman/Fairfax Pub*

With a little feng shui magic, readers can unclutter their lives and watch as success, prosperity, and good health come their way. Checklists and clutter-busting ideas help homeowners tackle every room in the house.

### **From Clutter to Clarity**

#### **Clean Up Your Mindset to Clear Out Your Clutter** *Hay House, Inc*

Reclaim your space, inside and out When you look at the clutter in your home, does it feel like you need an excavator to find the calm beneath the chaos? Do you try again and again to implement sustainable organizational systems without any success? Does the reason for your clutter always seem to come down to too little time or not enough space? If so, the time has come to look at the clutter beneath the clutter--the fears, doubts, and energy drains that are the true culprits of the muck. In the follow-up to her Wall Street Journal best-selling book *What Your Clutter Is Trying to Tell You*, decluttering expert, lifestyle designer, and coach Kerri Richardson helps you to:

- Understand the three core causes of clutter and how they directly manifest in specific rooms and forms of clutter
- Use practical and actionable exercises to clear out your clutter hot spots
- Reclaim your personal space for the thoughts, things, and people in your life that are important to you

Whether you are tackling perfectionism, procrastination, or toxic relationships, Richardson's straightforward advice will help you to finally clear those stubborn stacks, piles, and boxes for a clean start, with a wealth of space for your freedom and happiness to grow.

### **Clearing Clutter**

#### **Physical, Mental, and Spiritual** *Llewellyn Worldwide*

Discover how to clear clutter in every aspect of your life: physical, mental, and spiritual. Remove junk from your living space with feng shui techniques. Rid yourself of mental clutter and restore balance with meditation exercises. Organize spiritual untidiness and find deeper meaning with tips and guidance from psychic professional Alexandra Chauran. *Clearing Clutter* is your perfect guide to letting go of unnecessary attachments and living in peace and tranquility. With simple steps, you can create change and achieve balance in your life. Through easy yet powerful exercises and

techniques, clutter can be permanently cleared, making you happier and more productive in all that you do. Praise: "Clearing all three aspects—physical, mental, spiritual—is the only way to achieve the balance necessary to live a satisfying life. Written in an upbeat, conversational tone, Chauran's guidance is easy to hear." —Anna Jedrzejewski, *Retailing Insight*

### **A Year to Clear**

#### **365 Lessons to Create Spaciousness In Your Home and Heart** *Hierophant Publishing*

A complete yearlong course in clearing yourself of excess stress and stuff, this book features short contemplations, personal stories, tools, tips, one-minute practices, guided meditations, and wonderful questions to help readers create spaciousness in their lives. Stephanie Bennett Vogt will teach you how to unplug, detach, and clear to create more space and serenity in your life, what she describes as “the sacred process of removing clutter from both your house and your mind.” Included are 365 daily lessons organized into 52 weekly segments, with each lesson building on the others to develop one’s clearing muscle and grow new habits that will last a lifetime. The week usually begins with a personal story to introduce the theme and ends on the 7th day with a “Check In” to review and integrate the experience. Sprinkled throughout are meditations, Q&As, and testimonials. At the end of each lesson the author gives the reader an opportunity to “explore” a topic with several open-ended statements designed to bypass the thinking mind and open the channels to one’s highest wisdom. Weekly themes covered include: Moving Stuck Energy Connecting with Home Being Enough Shining Light on Invisible Clutter Living Imperfectly Waiting It Out Cultivating Stillness Forgiving Flourishing

#### **Feng Shui Your Life** *Sterling Publishing Company, Inc.*

Jayme Bartett, the feng shui consultant to the rich and powerful of Beverly Hills, has written the most comprehensive and life changing book on the subject.

### **Move Your Stuff, Change Your Life**

#### **How to Use Feng Shui to Get Love, Money, Respect and Happiness** *Simon and Schuster*

An essential and accessible guide to increasing happiness, improving your financial well-being, and bettering your health through the timeless Chinese art of feng shui. Promising health, wealth, and happiness, feng shui offers endless appeal—at least in concept. Unfortunately, feng shui’s seemingly complicated methods are often difficult to learn and apply in a meaningful way. Fortunately, *Move Your Stuff, Change Your Life* is written in plain and simple English for the modern Western reader. Revealing the ancient Chinese secrets that are as useful and necessary today as they have been for centuries, *Move Your Stuff, Change Your Life* communicates how to:

- MEET “THE ONE”
- FIND A DREAM JOB
- EARN BETTER GRADES IN SCHOOL
- ENJOY A BETTER SEX LIFE

### **The Ultimate Guide to Clearing Your Clutter**

### **Liberate your space, clear your mind and bring in success** *CICO Books*

In the first section, use simple feng shui techniques to under your connection to your junk and why it can be so hard to get rid of it. Learn how to clear out what you don't need, room by room, with step-by-step methods to declutter using just five refuse bags, so you'll soon have a clear and tidy living space. Cleanse and energize the atmosphere with powerful and ancient space-clearing techniques, such as working with crystals and create a positive environment that inspires your confidence, health, relationships, and career. The second section is project-based with specific clutter-clearing tasks. Each one is timed so that you can choose what to do according to how much time you have. Questionnaires help you identify clutter overload areas, while sample room plans highlight how typical energy flow is obstructed by clutter. This guide is packed with ideas for storing your treasured objects and getting really organized so the junk stays away from your home for good!

### **High-Vibe Feng Shui**

#### **11 Steps to Achieving Your Best Life** *Storey Publishing, LLC*

The keys to manifesting major life transformation are within reach! In this fresh interpretation of the ancient art of Feng Shui, certified practitioner Ashley Cantley offers the simple and straightforward guide she wishes she'd had when she started learning about Feng Shui. Cantley's 11-step program demystifies foundational ideas and practices, with guided exercises for creating intention, tapping into intuition, cleaning and decluttering, and balancing and enhancing energy in your home. But this is no rule book! Cantley's process for eliminating blockages, realizing goals, and "living in the flow" is designed to be customized to anyone's desires, experiences, and style.

### **Real Life Organizing**

#### **Clean and Clutter-Free in 15 Minutes a Day** *Mango Media Inc.*

CLUTTER FREE SOLUTIONS FOR AN ORGANIZED HOME Real Life Organizing offers clutter free storage solutions and advice that can help you create a Pinterest worthy home on a small budget: Learn how to organize your home, simplify life and have more time for the things you love. Organizational expert Cassandra 'Cas' Aarssen, the guru from YouTube's ClutterBug channel, reveals her tips, tricks and secrets to a clean and clutter free home in just 15 minutes a day. Aarssen, spends her time organizing other people's homes, teaching college workshops on organization, and creating weekly videos and blog posts. Cas offers diy Pinterest type tips to people like you who are interested in how to get rid of clutter and how to organize your home. Organized person on the outside: The secret to her success? She's a giant mess on the inside, but an organized person who can teach you how to get rid of clutter and organize your home once and for all. Simplify your life: In her debut book, Real Life Organizing, Cas walks you through the steps you can take to create a beautiful, organized, clutter free, and almost self-cleaning home – a DIY Pinterest home. Simplify your life. You do not have to get rid of all of your things, you do not have to be a yoga loving minimalist, and you do not have to radically change your lifestyle or personality in order to

simplify your life and have an organized home. The truth is that you do not need to actually be an organized person to live like an organized person. Organize home: Through her years of experience as an industry expert, Cas has uncovered easy and inexpensive tips, tricks and solutions that allow her to maintain a clean, organized and functional home with minimal effort. After you've read Real Life Organizing, you too will be able to live a more organized life without having to give up your sanity. In Real Life Organizing: Get a Clean and Clutter-Free Home in Just 15 Minutes, you will learn how to: • Create a Household Management Binder • Make a "Kids Cupboard" in your kitchen • Create an IN/OUT system • Organize paperwork based on your unique style • Create a Kitchen Command Center • Organize your holidays with a gift closet • Build the best toy organizing system • And, enjoy a DIY Pinterest home

### **Clear the Clutter, Find Happiness**

#### **One-Minute Tips for Decluttering and Refreshing Your Home and Your Life** *Storey Publishing*

Get rid of the clutter — and keep it away! Organizing expert Donna Smallin shows you how to enjoy the happy, healthy, and inviting home you long for with hundreds of time-saving, clutter-busting tips. Smallin's simple and manageable approach helps you focus on the things that will make the biggest difference in the least amount of time. Clear away the clutter once and for all, and discover the peace of mind that has been hiding underneath.

### **Making Space, Clutter Free**

#### **The Last Book on Decluttering You'll Ever Need** *Sourcebooks, Inc.*

"This isn't another Kondo-clone, because she dives into the heart of why decluttering is so difficult."— Booklist, STARRED Review Discover the freedom of a beautiful home, personal purpose, and joyful inner confidence Decluttering expert Tracy McCubbin offers revolutionary help to anyone who has repeatedly tried to break their clutter's mysterious hold. Her powerful answer lies in the 7 Emotional Clutter Blocks, unconscious obstacles that stood between thousands of her clients and financial freedom, healthy relationships, and positive outlooks. Once a Clutter Block is revealed—and healed—true transformation of home and life is possible. Her empowering techniques and strategies help you: Recognize and overcome your Clutter Block(s) to liberate your home. Lighten and purge without the rigidity of the other methods. Use your home to attain life goals like health, wealth and love. It's time to break through your Clutter Blocks and discover the lasting happiness waiting for you on the other side! Additional Praise for Making Space, Clutter Free: "What sets Tracy McCubbin apart is her kind and empathetic approach to organizing—she truly understands the psychology behind peoples' attachment to things."—Patricia Heaton "In Making Space, Clutter Free Tracy offers a realistic approach to managing your belongings. Instead of prescribing perfection, she understands our individual differences require individual strategies—and that it doesn't always need to be rational."—Cait Flanders, bestselling author of The Year of Less



## The Clutter Remedy

### **A Guide to Getting Organized for Those Who Love Their Stuff** *New World Library*

The Way to a Perpetually Organized Lifestyle There are many valid approaches to creating neat and tidy spaces, but these approaches tend to fail over time because they suggest that we dispose of our stuff, and most of us love our stuff! Marla Stone's fresh and friendly approach, based on her work as both a professional organizer and a former psychotherapist, goes beyond tidying up to offer the Clutter Remedy strategy that will create spaces you love and keep you perpetually organized. Marla walks you through a process of getting to know yourself and your values and then visualizing your ideal lifestyle and optimal surroundings. From that perspective, you'll learn step by step (and room by room) how to create your ideal lifestyle and organize your space to support it.

## Clutter Intervention

### **How Your Stuff Is Keeping You Stuck** *Llewellyn Worldwide*

"This is the book we need now...[It] illuminates the deeper "whys" behind each kind of clutter in your home so that you can peacefully release everything you need to and live buoyantly again!"—Sarah Bamford Seidelmann, author of *Swimming with Elephants: My Unexpected Pilgrimage from Physician to Healer* Get to the Heart of Why It's So Hard to Let Go of Your Stuff What's your clutter actually covering up? Once you're aware of the real issue, letting go is simple and decluttering can happen immediately. Using step-by-step instructions and easy-to-understand explanations, Tisha Morris shows you how to move into a new phase of life by ridding yourself of all that's holding you back. Everything in your home is an extension of your identity, and when you keep old stuff for too long, you get stuck in the past. Clutter Intervention teaches you about the psychological, emotional, and energetic components underlying your possessions, making it easier for you to let go and live authentically. Discover ways to clear out items associated with your past relationships, jobs, and unhealed grief. Learn how to handle blind spots, common excuses, and overcompensation. This book isn't about living with less. It's about living in alignment with the life you want. Praise: "Clutter Intervention: How Your Stuff is Keeping You Stuck is a unique self-help guide to freeing oneself from both physical and emotional clutter. Being able to process and let go of pain or difficult memories is an invaluable ability. Chapters outline a declutter program for moving on past mementos from past relationships, previous careers, the glory days of youth, and even helpful tips for clearing out digital clutter. Highly recommended!"—Midwest Book Review

## Your Spacious Self

### **Clear the Clutter and Discover Who You Are** *Hierophant Publishing*

IT'S A JUNGLE . . . IN HERE! Behind our stress, clutter, and confusion is an infinitely spacious place one might call stillness or joy. This is our natural state of being, but we usually don't experience it, because we are caught in a web of material possessions, desires, and fears. Our clutter often becomes another member of the family that we feed, house, and lug around. In *Your Spacious Self*,

author and professional space clearing expert Stephanie Bennett Vogt shows us that it's not our stuff but the holding on to it that creates a force field of stuck-ness that clouds our perceptions and paralyzes our lives. Clutter is not just the junk spilling out of the closet. It is anything or thought that prevents us from experiencing who we truly are. With daily tips, meditations, and a decluttering checklist, *Your Spacious Self* will show you how to: CLEAR THE CLUTTER in your home and in your life REVEL IN YOUR OWN SPACIOUSNESS, a place of stillness and joy LET GO OF THE PEOPLE, PLACES, AND THINGS that no longer serve the joyous being that you are Radical in its message and elegant in its simplicity, *Your Spacious Self* offers a new model that combines the ancient wisdom of space clearing with the modern practicality of clutter clearing. It teaches us that clearing is not just something we do but is also a powerful way to be—one small step, drawer, or moment at a time.

## Clutter Busting

### **Letting Go of What's Holding You Back** *New World Library*

Piles of junk in garages and closets, overflowing papers on desks, items unused for years, masses of unanswered email, clothing never worn, useless gifts that collect dust; all these things, says Brooks Palmer, come weighted with shame and guilt and have a suffocating effect on spirit and soul. In this insightful book, Palmer shows how to get rid of the things in our lives that no longer serve us. By tossing out these unneeded items, we are also eliminating their negative influences, freeing up energy, and unlocking our potential. Loaded with inspiring anecdotes and practical tips, *Clutter Busting* is based on the premise that your things are not sacred, but you are. The book explores such fundamental topics as the false identities we assume through clutter, the fear of change those junk piles represent, the addictive nature of holding on to objects, how clearing clutter makes room for clarity and sweeps away confusion and stasis, and much more. With Brooks's upbeat and compassionate guidance, you'll find yourself clearing the way for new and exciting things to come into your life.

## Clearing Emotional Clutter

### **Mindfulness Practices for Letting Go of What's Blocking Your Fulfillment and Transformation** *New World Library*

A Fresh Start to a Healthy Emotional Life Is emotional clutter blocking success in your personal and professional life? You've likely heard about the psychological benefits of clearing out the clutter in your surroundings, but how do you handle your emotional clutter — the psychological version of the jam-packed closet or impenetrable garage? Shutting away and trying to hide old pains and traumas creates toxic patterns that can keep you from having the life of your dreams. Integrating mindfulness and cutting-edge neuroscience, international mindfulness expert Donald Altman teaches how to modify entrenched habits and patterns with only a few minutes of attention daily. Altman first helps you realize what your baggage consists of and how to transform or jettison it. He then shows how to avoid the daily danger of accumulating new emotional clutter. No matter how fraught your life or relationships may be, you can cleanse, heal, or accept the old wounds, mistakes,

and disappointments. With Altman's lifestyle tools, you'll discover how to address your past, better deal with the present, and cultivate the best possible future. Start fresh with Clearing Emotional Clutter.

### **Feng Shui Your Life**

#### **The Quick Guide to Decluttering Your Home and Renewing Your Life** *Turner*

Get rid of clutter, reorganize your home, and revitalize your life with this simple guide to feng shui. What does the stuff in your home say about your life? Do your closets overflow? Is the area under your bed permanent storage space for junk? An ancient Chinese proverb says that if you want to change your life, you must move things in your home. In Feng Shui Your Life, Tisha Morris provides quick, easy, and practical feng shui techniques to help you get rid of clutter and rearrange your home. By following her simple steps and checklists, you can create an inviting, personal atmosphere in your home, ultimately renovating your life. Discover how to: Manageably clear clutter to optimize space Use lighting, color, and simple objects to create good energy flow Space clear to promote good health Integrate natural elements into your home to create harmony, prosperity, and happiness

### **10-Minute Declutter**

#### **Hundreds of Tips to Organize Every Room of Your House** *Fair Winds Press*

Is clutter controlling you? You need this feng shui cure to declutter your space and transform your life! If you think clutter is a fact of life, think again. Feng shui, the ancient Chinese art of placement, can help you organize every aspect of your life, both at home and in the office. With the simple tips and tricks in this book, you can learn the secrets of this age-old clutter elimination system in no time. Best-selling 10-Minute Feng Shui author Skye Alexander shows you how to transform your environment, and in doing so, transform your life as well! Designed with today's busy person in mind, 10 Minute Clutter-Free Home breaks down organization into easy tasks that take only minutes to perform, which provides both a sense of order and peace of mind. Use plants to absorb emotional and mental clutter Use a consistent color scheme throughout your home Use a board instead of post-it notes to organize your life And much more With 10 Minute Clutter-Free Home, you can eliminate bad habits, develop new and better ones, and attract the new luck, love, and harmony that accompany a well-managed life.

#### **The House That Cleans Itself** *Harvest House Publishers*

Presents tips and strategies for effective house cleaning and organization.

#### **Feng Shui Quick Guide For Home and Office** *Feng Shui Multimedia*

Move your stuff, improve your life! Feng Shui Master Practitioner Carol M. Olmstead has taught thousands of people the simple secrets of using Feng Shui to attract wealth, harmony, and love, and now she will teach them to you in the Feng Shui Quick Guide For Home and Office. The book gives

you easy-to-follow basics and quick tips to make the practical magic of Feng Shui work for you. Learn how to attract wealth, find love, achieve harmony, improve relationships, grow your business or get a better job. Includes a monthly guide to clutter clearing, a day-by-day calendar of Feng Shui tips, and success stories from real people who followed these tips and made simple changes with big results.

#### **The Declutter Workbook**

The Declutter Workbook delivers achievable dejunking projects that will fit into your life, no matter how chaotic your clutter or great your dread of the great clearout.

### **Unclutter Your Life**

#### **Transforming Your Physical, Mental, And Emotional** *Simon and Schuster*

Are you ready to move into a bright clutter-free future? From noise pollution to financial messes and stressful relationships, clutter affects ALL aspects of our lives--not just our physical spaces. If you've tried feng-shui and other organizing techniques and you still can't find clarity in your life, this down-to-earth guide will show you how to evict the clutter culprits and cultivate peace of mind in your home and soul.

### **Clear Your Clutter with Feng Shui**

#### **Clean Your Clutter, Clear Your Life**

#### **A Practical Manual Using Feng Shui Principles** *Learning Tree*

Our homes are so filled with clutter that it is difficult to clean them and the disorder is always on our minds making us anxious and depressed. We feel weighed down, exhausted and helpless at the thought of doing something about the mess. The author's goal is to help you to view clutter cleaning, not as a horrific chore that you constantly put off, but as a transformational experience that will in the end release negative emotions, generate more energy, and allow you to create what you want in your life. Learn how to identify clutter; Learn how to understand clutter; Learn how to assess your clutter; Discover how clutter affects you; Discover why people keep clutter; Discover how to use Feng Shui to help you. You will begin to understand why clutter drains your energy, prevents you from achieving your goals, affects your health, and even limits your relationships and opportunities.

### **Holistic Spaces**

#### **108 ways to create a mindful and peaceful home** *Ryland Peters & Small*

Transform your home into a calm, balanced and harmonious oasis using architect Anjie Cho's helpful advice, drawing on her background in green design and feng shui. You don't have to get rid of all your possessions and become an ascetic to change your space and discover the benefits that living

in a considered, organic way can bring. The easy suggestions in *Holistic Spaces* show you how to implement the principles of feng shui and green design in your home. Written for the way we live today, as we move toward a more mindful approach to health, diet and the way that we choose the objects in our homes, this is the perfect guide to help you to clear and refresh your living environment. Learn how to make every room in your home serve its highest purpose, create eco-friendly spaces, bring nature indoors, choose colours for maximum impact, select a space for meditation practice, and overall, create a peaceful and organic home. From the bedroom to the home office, these intuitive, straightforward tips will teach you to how improve your spaces to boost the flow of energy through your life.

### **Feng Shui That Makes Sense**

#### **Easy Ways to Create a Home That Feels As Good As It Looks**

You don't need to be a professional designer or a feng shui expert in order to have a beautiful, comfortable home. *Feng Shui That Makes Sense* takes you step-by-step through the process of using feng shui principles to create a home that will please your eye, relax your body, inspire your mind, and lift your spirit. After reading this book, you will be able to:

- Easily create a home of beauty, harmony, and comfort
- Learn basic feng shui principles that work every time in every space
- Improve the look and feel of any room in your home
- Discover the origins of popular feng shui myths and misunderstandings
- Enhance the areas of your home relating to Love, Money, Health, Family, and more
- Apply feng shui principles to your landscape and garden
- Integrate nature and natural materials into your living space
- Clear your home of unwanted energy
- Create a home that nurtures and inspires you physically, mentally, and spiritually
- Understand how and why your environment affects you the way it does

### **The Holistic Home**

#### **Feng Shui for Mind, Body, Spirit, Space** *Simon and Schuster*

Rule the world and take control of your emotional and mental health from where you sit, stand, and sleep. *The Holistic Home* is based on an original lifestyle concept focused on creating a dynamic, healthy, and thoughtful space within yourself and your home by combining three planes of action—mind, body, and spirit—that result in profound change. The condition of the mind affects the psychology of how you dwell: subconscious influences, decorating with intention, and allowing your emotional issues and challenges to manifest in your space. The physical aspects of your design space, such as furniture positioning, design elements, sustainability, wellness, and organization, are representative of your relationship with your body. And finally, the spirit refers to all the invisible energies within you and your home—feng shui, atmosphere, and the soul of your home. Years ago, author and holistic feng shui expert Laura Benko was diagnosed with a rare cancer. Around that time, a book serendipitously fell on her head. She took this as a much-needed sign to devote the next decade of her life to research and hundreds of transformative holistic design consultations. Her clients' real-life, inspiring stories, along with specific actions and tips, have become the foundation

for *The Holistic Home*. Chapter by chapter, you'll learn how to holistically tackle it all—relationships, clutter, health, communities, inner balance, and more—by looking within your immediate environment to make direct connections in your life.

### **Fast Feng Shui**

#### **9 Simple Principles for Transforming Your Life by Energizing Your Home**

#### **The Complete Idiot's Guide to Feng Shui**

One of the most complete and easy-to-understand book on classical Feng Shui, this revision includes coverage of the next level of a method of classical feng shui called Flying Start. Photographs and floorplans are included.

#### **It's All Too Much** *Simon and Schuster*

Are your counters covered with appliances you had to have but rarely use? Are your cupboards stuffed with clothes that you hope to fit back into or that you paid a fortune for but only wore once? Have you been hanging on to that hideous teapot your mother gave you 10 years ago only because she gave it to you? Every time you go shopping do you come back with bags of more stuff because that pillow/blouse/cd/mixer will be the one thing that changes your life and then it doesn't change your life because you have nowhere to put it? In *It's All Too Much*, organisational guru Peter Walsh challenges you to answer a very simple but scary question: Does the stuff you own contribute to the life you hope to achieve or does it get in the way of your vision? Peter helps you assess the state of your home without any sugar coating and will teach you how to confront and conquer the stuff that is holding you back by identifying the purpose of each and every object in your home and assessing your reasons for holding onto it. He shows you how to identify which room is the heart of your home and then shows you why it is so important to keep that space clean and clear of clutter - if the heart of your home is clogged what does that say about you? He then helps you go room by room to ask the important questions: What is the room? What's its purpose? What is this item? Does it contribute positively to the life you want? The answers to these questions will help you understand your priorities and fix your relationship with your stuff. And in gaining this understanding you can start to clear out the clutter!

### **Feng Shui for Healing**

#### **A Step-by-Step Guide to Improving Wellness in Your Home Sanctuary** *Rockridge Press*

Accessible ancient wisdom for a happy modern home. Creating a powerful and healing home sanctuary is the essence of feng shui--the Chinese system of designing a space based on how energy flows. *Feng Shui for Healing* is a modern interpretation of this ancient wisdom, presented with empowering advice and step-by-step guidance for using your own space to nurture wellness and vitality. Improper feng shui can keep you from feeling comfortable in your home and keep you stuck in old thoughts, stubborn habits, and stalled health goals. But with this book, you can learn to

free up that energy with simple, time-tested feng shui home edits--like adding imagery that fosters a lighter mood and happier relationships. When the energy in your space moves freely, you'll feel better inside and out. Feng Shui for Healing is your accessible guide to: Practical exercises--Discover simple rituals to sanctify your time and space, with actionable steps you can take right away. Mindful pauses--Simple breathing exercises are included throughout to help you slow down and check in with yourself as you take on this powerful home energy work. The 9 life areas--See how feng shui can enhance and protect family, friends, prosperity, health, reputation, career, creativity, relationships, and knowledge. Make your home more comfortable and restorative with this fun and

easy start to feng shui.

### **Home Comforts**

#### **The Art and Science of Keeping House** *Simon and Schuster*

Ranging from suggestions for the care of musical instruments to maintaining home safety, a celebration of and guide to the finer points of home-keeping offers a contemporary, creative, and positive take on a traditional subject