



The Little Book of Tidying : Declutter your home and your life

By Beth Penn

Gaia Octopus Publishing Group Sep 2017, 2017. Taschenbuch. Condition: Neu. Neuware - In this age of mass consumerism, we are 'stuffocating'; becoming slaves to our possessions. By freeing ourselves from physical and mental clutter, and better managing our schedules, we can focus on what is truly important and discover more time, space and joy. Grounded in solid science and bursting with invaluable tools, activities and strategies, this little book will empower you to discard what you no longer need, regain control of your surroundings and create a happier and more fulfilling life. 96 pp. Englisch.



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Reviews

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-- **Trevor Greenholt DDS**

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