



## Declutter Your Mind: Simple Ways to a Stress Free 2017 (Paperback)

By Jake Nedd

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. DO YOU FEEL OVERWHELMED BY YOUR THOUGHTS? STRUGGLING WITH ANXIETY ABOUT YOUR DAILY TASKS? FRUSTRATED AND CONFUSED ABOUT HOW TO STOP THE NEGATIVE THOUGHTS? OR DO YOU JUST WANT TO STOP WORRYING ABOUT LIFE? HERE IS HOW TO MAKE YOUR 2017 BETTER, STRESSFREE AND DECLUTTERED!!! Frankly, there always arises a time when one way or the other, we ve all had the occasional negative thoughts. But if you always feel overwhelmed, then it s high time you closely examine how these thoughts are negatively impacting your lifestyle. The simple solution is to practice specific mindfulness techniques that create more space in your mind to enjoy inner peace and happiness. These habits will give you the clarity to prioritize what s most important in your life, what needs to go, and how to live out your daily life goals. You deserve more to this life, your job, your family. And that s what you ll learn in DECLUTTER YOUR MIND. The goal this book will achieve is simple: You will learn the habits, actions and mindsets to clean up the mental clutterers...



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