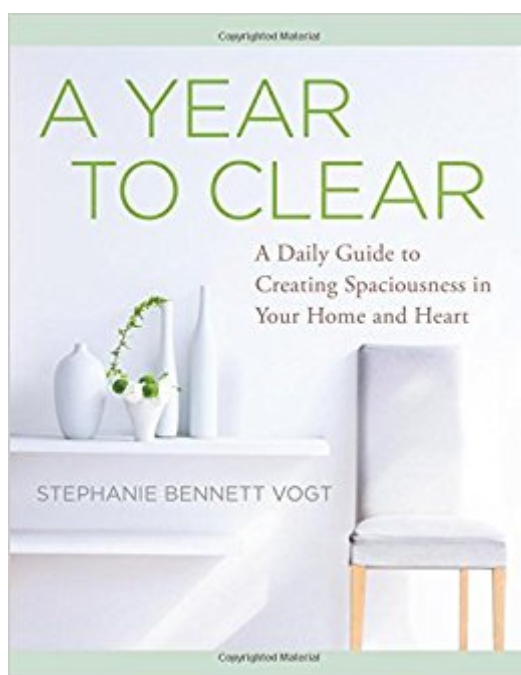


The book was found

A Year To Clear: A Daily Guide To Creating Spaciousness In Your Home And Heart



Synopsis

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 Free yourself of unwanted things in your home and mind by bringing awareness to messy habits and the outdated beliefs behind them.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

Book Information

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Customer Reviews

"A Year to Clear nourishes your life and awakens you to new heights of simplicity and possibility. After a year, you'll want to go back and start all over again." -Madisyn Taylor, DailyOM
"A Year to Clear takes you by the hand and guides you through the hidden peaks and valleys of your home and heart into that boundless territory known as spaciousness. I can't wait for each new day to arrive. Opening this book is like receiving a gift from my highest self with a message of hope,

delight, and freedom." -Arielle Ford, author of *Turn Your Mate Into Your Soulmate*"Stephanie is the goddess queen of clean. Follow her loving, guidance and watch your life go from chaos to spaciousness, clutter to beauty, busyness to blessed calm, one baby step at a time. I'm grateful to have her as a friend and ally on my journey to reclaiming and keeping ease and flow in my life."

-HeatherAsh Amara, founder of Toci, and author of *Warrior Goddess Training*"Stephanie Bennett Vogt is a master. Simple and yet profound, her daily action steps make you feel as though you've accomplished something truly important and vital. It's time to reclaim your space - one simple task at a time - in a way that will leave you feeling safe, capable, nourished, and supported."

-Sunny Dawn Johnston, psychic medium, teacher and author of *The Love Never Ends* and *Invoking the Archangels*"Stephanie Bennett Vogt is my new clutter-clearing coach and cheerleader. In her new book, *A Year To Clear*, she guides us with such tenderness, humor and insight into those dark and sometimes overwhelming places in our homes, hearts and minds that feel stuck. In easy to manage steps and exercises she allows us to experience the transformational nature that comes with clutter-clearing and having a life of simplicity, joy and space!"

--Karen Drucker, musician/author of *Let Go Of The Shore*"What a revelation!! Stephanie Bennett Vogt's wonderful book, *A Year to Clear*, lays out an astonishingly painless, satisfying way to clear out all the stuff we accumulate over the years. If you're feeling weighed down by your belongings and yearn for more simplicity and space, read this right now!!"

-April Eberhardt, April Eberhardt Literary"While most clearing methods today focus on speed and outcome, *A Year to Clear* follows a different path - one that takes you on a journey of gentle, daily tending that feels good and lasts. Stephanie's writing is beautiful, and her many years of experience show on every page."

--Susan Page, author of *Why Talking is Not Enough* and *How One of You Can Bring the Two of You Together*"In the beginning of her wonderful book, Stephanie Bennett Vogt promises one thing: if you're willing to be open to the experience on the pages that follow, and willing to stick with it, you will not be the same person you are now when you come out on the other side. She's not exaggerating. Gentle, inspiring, and nourishing, this book holds the key to the balance and clarity you've been searching for." - Brooke Warner, Publisher of She Writes Press

A Year to Clear was an audacious idea that began as a series of questions: Is a yearlong approach to clearing (our stress and stuff) too long? Will readers be open to the concept of clearing as a journey, like a hero's journey or a pilgrimage that guides them through the peaks and valleys of their homes and hearts? Is it possible to make a difference in the interior space of a human being in just sixty seconds? In a culture of short attention spans and quick fixes, I had no idea if a book like

that would, or could, succeed. Would my slow drip method be too light to create significant and discernible traction? Would readers lose focus, peter out, and wonder, in the words of Gertrude Stein, is there a there there? So I tried it online as an experiment: I created a 365-day course called "A Year to Clear What's Holding You Back!" that launched on DailyOM on December 31, 2013. Participants would receive an inspirational message in their inbox every day for 365 days. Now over 65,000 people signed on to take this journey with me. It is testimonials like these that have put to rest any doubts that taking at least one minute to support and nourish ourselves is powerful stuff: "I have stuck with this for 40 days and, for once, have not burned myself out with gogogo. Just drip-drip-drip. Nice!" "I feel the walls of my OLD self crumbling down in a new way." "I'm looking around my apartment and seeing the physical changes I've made during this year and it's so satisfying. Inside I am less fearful, less depressed, less overwhelmed at everything and even a bit kinder." "This one year course has been a revelation. Honestly I didn't think it was working under the motto of 'nothing does.' Not true!!! I am on lesson 335. Wow, what a journey [it] has been." "Yes, the "slow clear" movement has staying power, and is working its magic in ways beyond all of our wildest imaginings. In case you were wondering, the book is not a carbon copy of the course. Thanks to the experience and thousands of postings in the comment thread, the program has morphed and expanded. A Year to Clear has many more features than the daily emails, including personal stories, practical tools, and inspirational wisdom - double the content. There is no question that clearing in any form lightens. Clearing with awareness, as this book teaches, however, en-lightens. A Year to Clear gives us a way to play a much bigger game. I love this book, and I hope you'll love it too. Together we'll learn what it means to clear at a deep level, where spacious detachment rules and awareness changes everything. Happy clearing! I'll see you on the trail." -Stephanie Bennett Vogt

Loving this process so far! Very gentle, super easy to fit into your daily schedule as each days practice takes about 5 minutes. I have found a wonderful side effect is the desire to tackle tasks that I have been avoiding for many, many years!

I have been working through this book over the last 57 days in a program meant to take 365 days. Having tried countless "organization" advice books over the years to very little success, I have to say that this one is actually HELPING. I'm currently downsizing from a 7-bedroom home into a 2-bedroom apartment, and have been bringing hundreds of boxes from storage, working feverishly

trying to assimilate, to donate, to organize. It's an enormous, and very emotional job. This book has been a perfect companion, because Vogt understands that this sort of work is not just about being organized. It is about being an archivist of your own life, and about understanding the deep emotional tangle that develops around belongings and habits. I recommend this book highly, and look forward each morning to reading that day's chapter. It has been a real success so far.

I am working my way through this book, and I am amazed how much it is helping me change my attitude about releasing clutter. Her "drip method" of taking in a whole new way of looking at the underlying cause of clutter is really working for me.

A wonderful book. Great motivation!

It's much more than I expected, Really in depth and transformative.

Great way to approach clearing your physical environment and your mental clutter. Targets stopping the triggers that lead us into feeling overwhelm.

Perfect book. I'm going through a decluttering process and this book helps me so much. It helps me realize i don't have to do it all in one day. Thanks!

Working with other family members, and all of us are enjoying the journey After only a month, my house is already more "sereme."

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