

# Declutter Your Mind Worrying Eliminate

## Chapter 1 : Declutter Your Mind Worrying Eliminate

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I've known for many years that i needed to downsize my possession. they definitely had the better of me for a long time. unfortunately, even though i'd read several books on the topic nothing really spoke to me. Whether they're beating themselves up over a mistake they made yesterday, or they're fretting about how they're going to succeed tomorrow, over-thinkers are plagued by distressing thoughts. People often think of clutter as an energy drain, but it also drains us of our time. how? people in cluttered homes spend extra time, virtually every day, looking for lost items, such as keys, money, shoes, tools, etc. Study hacks blog on analog social media march 28th, 2018 · 68 comments. the declutter experiment. in late 2017, as part of my research for a book i'm writing on digital minimalism, i invited my mailing list subscribers to participate in an experiment i called the digital declutter. 6. utilize scent in your home. those oil diffuser sticks are the best bang for your buck, as they work, work, work and last for upwards of six months. 50% of us will make resolutions for the new year, 90% who make them will break them, according to dr. gregory ramey. 5 big tips on exactly how to let go.

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