

A Year For You - Bennet Vogt

A YEAR FOR YOU

DECLUTTER,
DESTRESS,
RECLAIM
YOUR LIFE

STEPHANIE
BENNETT VOGT

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Are you ready to take back your life?

Rating: Not Rated Yet

Price

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Description

Despite an innate desire to live peaceful and happy lives, many of us spend far too much of our precious time immersed in stress and struggle rather than in enjoyment, often working to make others happy while neglecting ourselves in the process.

In A Year for You, space clearing expert and mindfulness teacher Stephanie Bennett Vogt offers a step-by-step guide to coming back home to yourself.

In these pages she will teach you how to:

- Release the underlying causes of clutter, stress, struggle and overwhelm . . . for good!
- Develop simple yet profound practices that lead to a clearer home and a quieter mind.
- Cultivate a holistic, open, and gentle approach to life that leads to a greater sense of peace and freedom.

This book is an invitation to a life-changing, yearlong sabbatical that begins not far away in a distant corner of the world, but right where you are in this moment. The practices contained herein will teach you how to reorient your life toward a more spacious, relaxed, and joy-filled way of being.

Reviews

There are yet no reviews for this product.