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The Life-Changing Art of Cleaning and Organization: Live a Healthier Life

By Carol Milligan Babson

Carol Milligan Babson, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.The simplest road to freedom is an uncluttered one. Accumulating articles can drain our finances, rob our attention, our effort, and our time. Technology, marketing, work, and entertainment is distracting us from the very things that should matter the most, like a healthy less stressful life, and relationships with family and friends. Feel less stressed, sleep more, and restore your passion for life. Think of taking control of your living space like a well-exercised body. While cleaning your home, your body is in motion.exercising, and at the same time you are helping to decrease dust, airborne viruses, and possibly you could be cleaning up a likely fire hazard. The concept of Feng Shui tells us that open areas have more.flow. This flow gives you energy, abundance, happiness, better air circulation, and natural light in the home.



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