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Breathing Room Book Trailer

**Lauren Rosenfeld on the Jan  
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Decluttering with our Kids!*

~~Lucy Shimmers and the Prince~~



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Breathing Room: Bedroom

Decluttering *Breathing Room:  
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BREATH | Expert Q\&A,  
No. 2 | Breathing and Sleep

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~~Breathing Room: Kitchen~~ Lauren

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~~Breathing Room: The Clutter~~

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~~Bathroom Breathing Room :~~  
~~Book Review 26 Get Breathing~~  
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~~Room 100 Day Decluttering~~  
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Decluttering Challenge: Day  
2 *Your To Be List: Putting*  
*Your House on a Diet*

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Breathing Room: Open Your Heart by Decluttering Your Home provides you with ideas, along with why, you should remove un-needed things from your life. In

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fact, we all could use some serious decluttering, which according to the authors is a spiritual process that links us to what's really important.

*Breathing Room: Open Your*  
*Page 13/30*

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Your Home by Melva Green

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Colors Of Fruits And Lauren  
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Handful Of Unsalted Nuts As  
A Snack. Try A Breathing  
Exercise To Help With  
Stress. Count How Many  
Glasses Of Water You Drink  
In One Day.

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In each chapter, Green and  
Rosenfeld focus on a  
different room, showing how  
each one represents a

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Decluttering Home in your  
heart In this work, Melva  
Green, expert on A&E's Emmy-  
nominated series 'Hoarders',  
along with Lauren Rosenfeld,  
creator of the popular blog  
'Your To Be List', help you  
find emotional healing and

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spiritual renewal through  
the unique practice of  
decluttering.

*Breathing room : open your  
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Breathing Room: Declutter

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9781582704579: *Breathing*

*Room: Declutter Your Heart*

...

The premise of this book  
"Breathing Room" is that all  
of the clutter we have in  
our homes is ultimately

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Simply a manifestation of  
the clutter we carry within  
our hearts.

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decluttering will not just  
make space but improve the  
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