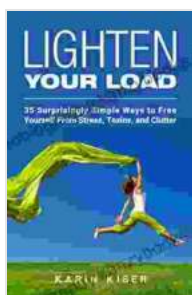


# 35 Surprisingly Simple Ways to Free Yourself From Stress, Toxins, and Clutter

In today's fast-paced world, it's easy to get overwhelmed by stress, toxins, and clutter. But what if there was a way to free yourself from all of that and create a more peaceful and fulfilling life?



## Lighten Your Load: 35 Surprisingly Simple Ways to Free Yourself From Stress, Toxins, and Clutter

by Karin Kiser

★★★★☆ 4.4 out of 5

Language : English

File size : 5169 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting: Enabled

Word Wise : Enabled

Print length : 126 pages

Lending : Enabled



In her new book, *35 Surprisingly Simple Ways to Free Yourself From Stress, Toxins, and Clutter*, author and decluttering expert Marie Kondo shares her secrets for creating a stress-free, toxin-free, and clutter-free life. With 35 simple and practical steps, this book will help you declutter your home, your mind, and your body.

Here are just a few of the things you'll learn in this book:

- How to identify the sources of stress in your life and eliminate them

- How to detoxify your home and body from harmful toxins
- How to declutter your home and create a more organized and peaceful space
- How to simplify your life and focus on what's truly important

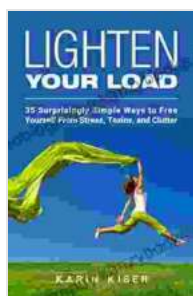
If you're ready to create a more peaceful and fulfilling life, then this book is for you. With 35 simple and practical steps, this book will help you declutter your life and free yourself from the burden of stress and toxins.

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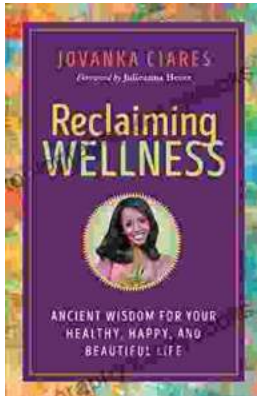
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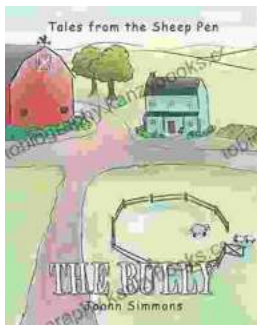
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