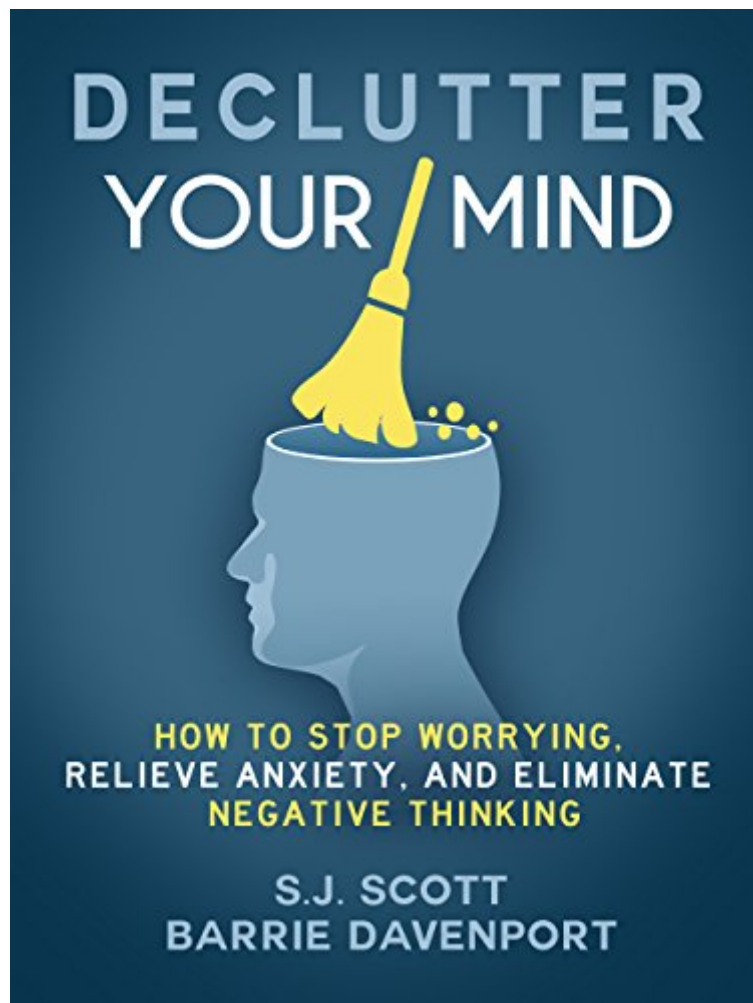


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Declutter Your Mind: How To Stop Worrying, Relieve Anxiety, And Eliminate Negative Thinking (Mindfulness Books Series Book 1)



Synopsis

Feel overwhelmed by your thoughts? Struggling with anxiety about your daily tasks? Or do you want to stop worrying about life? The truth is... We all experience the occasional negative thought. But if you always feel overwhelmed, then you need to closely examine how these thoughts are negatively impacting your lifestyle. The solution is to practice specific mindfulness techniques that create more "space" in your mind to enjoy inner peace and happiness. With these habits, you'll have the clarity to prioritize what's most important in your life, what no longer serves your goals, and how you want to live on a daily basis. And that's what you'll learn in *Declutter Your Mind*. **DOWNLOAD:: Declutter Your Mind -- How to Stop Worrying, Relieve Anxiety, and Eliminate Negative Thinking** The goal of this book is simple: We will teach you the habits, actions, and mindsets to clean up the mental clutter that's holding you back from living a meaningful life. You will learn: 4 Causes of Mental Clutter How to Reframe ALL Your Negative Thoughts 4 Strategies to Improve (or Eliminate) Bad Relationships The Importance of Decluttering the Distractions That Cause Anxiety A Simple Strategy to Discover What's Important to YOU 400 Words That Help Identify YOUR Values The Benefit of Meditation and Focused Deep Breathing (and How to Do Both) How to Create Goals That Connect to Your Passions *Declutter Your Mind* is full of exercises that will have an immediate, positive impact on your mindset. Instead of just telling you to do something, we provide practical, science-backed actions that can create real and lasting change if practiced regularly. **Would You Like To Know More?** Download now to stop worrying, deal with anxiety, and clear your mind. Scroll to the top of the page and select the buy now button.

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Customer Reviews

I have been a victim of "monkey mind" for as long as I can remember. Years ago, when I tried to get a better handle on the events that were controlling my life, I focused on the external forces that I was sure had everything to do with my success [and failure] in life. If I was happy, something made me happy. If I was sad or depressed, something else made that happen, too. In my quest to gain greater control of my own life I realized that the thoughts I was creating every moment had everything to do with the quality of life I would experience at any given moment. Getting to the point, "Declutter Your Mind" is a powerful book on gaining total control of your mind, environment and shaping the future as you want it to be and not just relying on life to happen as it should. In their third book in this series, Steve [Scott] and Barrie [Davenport] have written a book that targets one of the most critical areas we all struggle with: a life full of clutter. As they point out from the intro, your thoughts create reality, from stress and productivity to feeding into emotions, we can control and direct our thoughts to work for us instead of against us. The book kicks off with the 4 causes of mental clutter: • Stress • The Paradox of Choice • Too Much Stuff • The Negativity Bias. The next section gives us four mental declutter habits that add serious weight to both physical and mental health. The first is "Focused Deep Breathing" where we learn the full value of focusing on deep breathing on a regular basis. The second is "Meditation" and the authors say "we suggest meditation as a tool to help you train your mind and control your thoughts."

I'll start this review with my subjective opinion of the book's shortcomings: 1. The author doesn't mention using exercise as a technique against mind clutter. I know that exercising isn't a method to declutter your mind per se, but neither is gratitude journaling. And that was indicated as one of the ways you can deal with clutter in your head. I was surprised by this "omission", because I know that S.J. is a fitness nut (compared with to the majority of the population); this maniac runs marathons. Two advantages of exercising that come to mind off the top of my head: it reduces stress, and it provides you the time to think through your issues. Exercises were mentioned many

times throughout the book, but never as a one of the main remedies against mind clutter.²

Divorcing to reduce mind clutter. I guess it's a cultural thing. My worldview doesn't include the possibility of divorce. Period. For me, this section of the book equated to the planning of murder in cold blood, while considering its pros and cons. Barrie and Steve were first to admit that "Letting go of any relationship is not a quick proposition", but they included this section in the book anyway. It sent some cold shivers down my spine. That's a very short list of a shortcoming. • The list of benefits this book offers is much longer. Here's a few I've highlighted:

1. A wide range of ways to tackle "voices in your head" are described. Having now read about organizing your space to reduce "digital clutter", I agree it is a very sensible approach to reduce the number of impulses that stimulate your monkey brain. When the authors systematically explain how those things contribute to your mind clutter, it's obvious.

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