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Declutter Your Mind: How to Stop Worrying, Relieve Anxiety, and Eliminate Negative Thinking (Mindfulness Books Series Book 1) by. S.J. Scott (Goodreads Author), Barrie Davenport.

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Where you spend the most time has a huge impact on your happiness and state of mind. This section has enough juice in it to make your living space a business powerhouse if you clean it up. As the authors state: "When your environment is cluttered, the visual chaos restricts your ability to focus."

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