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## CLEAR YOUR CLUTTER

A practical, no-nonsense book that teaches you the **WHY** and the **HOW** of ridding yourself of emotional, physical and body clutter

*Kate Emmerson*

245 x 171 mm

176 pages

Soft cover with flaps

RRP: R160.00

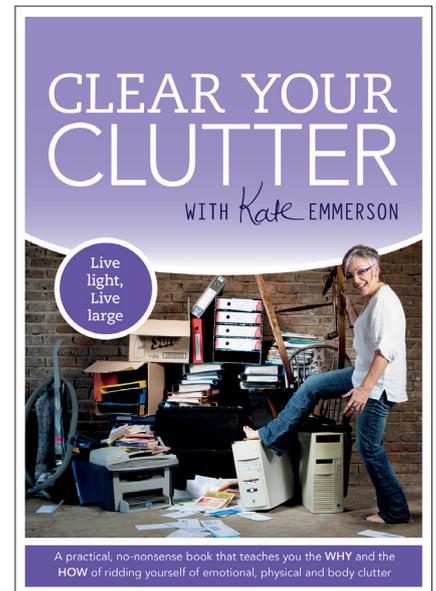
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Having helped thousands of clients with her unique programmes, Kate Emmerson, the Quick Shift Deva, now shares her enthusiasm for and expertise in clearing clutter at all levels with you. Her life and work motto is to LIVE LIGHT, LIVE LARGE and this book tells you how to follow suit. Let her inspire you with her in-depth understanding of the psychology of clutter and how it keeps you from living the life you are destined to live NOW.

- Understand the full spectrum of clutter through an empowering definition.
- Learn how the three aspects of clutter intertwine to hold each other hostage.
- Face up to the reality of your current clutter without shame or blame.
- Understand how clutter stops you from moving forward and LIVING LARGE.
- Face your personal sabotage system and why you really have clutter.
- Accurately calculate the monetary cost of your clutter.
- Practically shift your clutter following Kate's 28-day step-by-step process.
- Stay motivated to tackle the overwhelm associated with clutter.
- Learn simple tricks, tools and systems to stay in charge going forward.

**Kate Emmerson** augmented a degree in Industrial Psychology and a post-graduate diploma in Industrial Relations with qualifications in aromatherapy and reflexology. Her path led her to study life coaching in the UK and since then she has been professionally coaching and clutter clearing. Additional studies in NLP (Neuro-linguistic Programming) and EFT (Emotional Freedom Technique) ensure she is equipped to assist the most difficult of clients who look to her for help to shift their lives.

She is a prolific writer of articles and is constantly called on by the media in some form, be it TV, radio or contributing as an expert in magazines and newspapers. She is hands on in clutter clearing homes and offices locally and abroad, is a sought after inspirational speaker and offers support through her innovative online courses, mastermind groups and one on one coaching.

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## Praise for *Clear your clutter*

"Kate shares immediate, doable, straight forward tips on how to liberate your life and yourself from being controlled and restricted by too much stuff, around you and inside you!"

*Dorianne Cara Weil* | "DR. D" RADIO AND TV TALK SHOW HOST

"The fantastic balance of useful information, anecdotes and straightforward easy to follow practical guidelines ensures the reader will follow the processes through to the end and achieve an enhanced life, as a result."

*Dr. Colin La Grange*

"Kate's approachable, direct and conversational style is inviting and like a friend, she guides the reader through every phase, gently and sometimes firmly leading the way to a lighter and more expansive space."

*Bonita Nuttall* | TV HOST AND KEYNOTE SPEAKER

"This is the BEST book on clutter clearing I have ever read. ... Simply brilliant, brilliantly simple. I love it!"

*Fiona Harrold* | AUTHOR, LIFE COACH

"The bible says its more blessed to give than to receive, yet we still find ourselves in a world obsessed with having 'more' – which makes Kate's no quibble approach to clutter, all the more refreshing - not to mention practical proof that less is more."

*Dr Michael Mol* | EXECUTIVE PRODUCER

"If you have ever had any kind of resistance to keeping your space exactly that, a space, then Kate's words will brightly and swiftly sweep you up. Her clarity and practical tools will liberate your body, mind, heart and house from what stops, blocks and hinders you in life."

*Tiamara Williams* | PRESIDENT INSPIRING LIVES GLOBAL CHANGE MAKER, TV HOST, AUTHOR

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