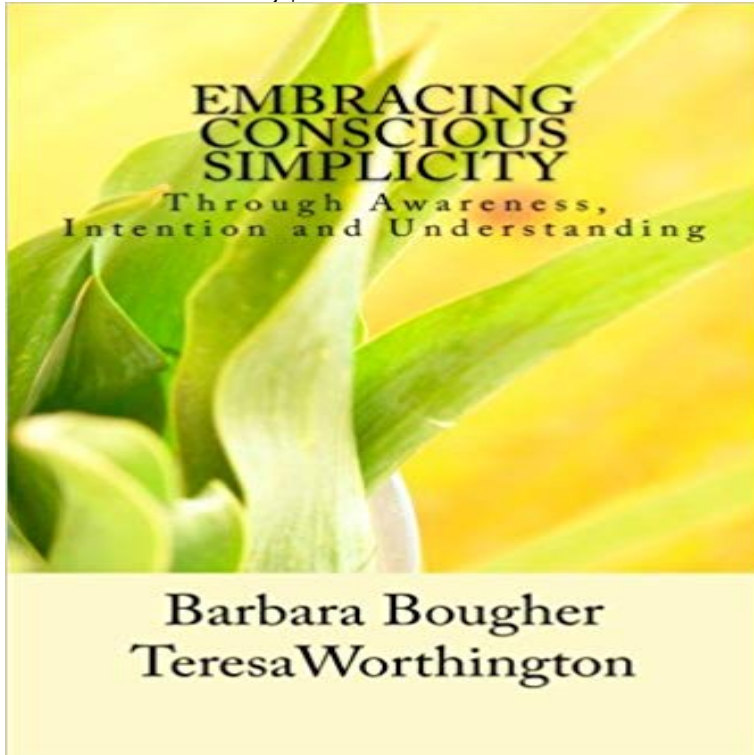


# Embracing Conscious Simplicity: through Awareness, Intention and Understanding



Through awareness, intention and understanding we can break free of the physical, emotional and mental clutter that keeps us stuck and create room in our life for the activities, experiences, possessions and relationships that feel most meaningful and fulfilling. Certified Coaches, Barbara Bougher and Teresa Worthington offer a holistic approach to gaining clarity about what matters most and to creating a simpler life. With a respect for the uniqueness of each individual and an emphasis on empowering the reader, the authors bring together knowledge, tools, insights and true stories that broaden our perspective on the inner and outer clutter that gets in the way of living life fully. Embracing Conscious Simplicity is not about discarding everything we own. Its about recognizing what we do want and making mindful choices that support a purposeful life. If you are feeling the urge to simplify your life in any way, youll want to start by reading Embracing Conscious Simplicity.

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