

Clearing Emotional Clutter: Mindfulness Practices for Letting Go of What's Blocking Your Fulfillment and Transformation

By Donald Altman





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A Fresh Start to a Healthy Emotional Life

Is emotional clutter blocking success in your personal and professional life? You've likely heard about the psychological benefits of clearing out the clutter in your surroundings, but how do you handle your emotional clutter — the psychological version of the jam-packed closet or impenetrable garage? Shutting away and trying to hide old pains and traumas creates toxic patterns that can keep you from having the life of your dreams. Integrating mindfulness and cutting-edge neuroscience, international mindfulness expert Donald Altman teaches how to modify entrenched habits and patterns with only a few minutes of attention daily.

Altman first helps you realize what your baggage consists of and how to transform or jettison it. He then shows how to avoid the daily danger of accumulating new emotional clutter. No matter how fraught your life or relationships may be, you can cleanse, heal, or accept the old wounds, mistakes, and disappointments. With Altman's lifestyle tools, you'll discover how to address your past, better deal with the present, and cultivate the best possible future. Start fresh with *Clearing Emotional Clutter*.

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Editorial Review

Review

Named one of the best spiritual books of 2016 by *Spirituality & Practice*

“Donald Altman’s de-cluttering lifestyle tools have the potential to rewire your brain so you can gain new levels of mental clarity, overcome limiting fears, enhance your relationships, and even untie knots of new emotional clutter in the moment.”

— **Jeffrey M. Schwartz, MD**, author of *You Are Not Your Brain*

“Just as physical belongings can accumulate and molder, so, too, can towering heaps of emotional baggage, and to our rescue rides Donald Altman, author of the new book *Clearing Emotional Clutter*. . . . Altman’s strength as an author is that he blends his mindfulness teachings with information culled from research conducted by psychologists, cognitive scientists, and neurologists. . . . The result is a useful guide to living our lives in a lighter, less burdened way, releasing ourselves and those around us from unnecessary ‘stuff.’ If that’s not simplifying, what is?”

— ***Spirituality & Health***

“Mindfulness expert Donald Altman shines a bright light on the relationship between mindfulness and emotional health in his excellent new book, *Clearing Emotional Clutter*, providing you with exactly the tools you need to make mindfulness a daily tool for emotional growth and healing.”

— **Eric Maisel**, author of *Life Purpose Boot Camp*

“Provides simple-to-follow but powerful-to-use techniques that will enable you to optimize your abilities and leave your emotional baggage behind.”

— **John Baldoni**, author of *Moxie* and *Lead by Example*

“[Donald Altman] guides readers through six clutter-clearing mindfulness skills . . . [T]he advice will be most helpful for those impacted adversely by past events.”

— ***Library Journal***

“More proof that Donald Altman is a master of mindfulness practices.”

— ***Spirituality & Practice***

About the Author

Donald Altman, MA, LPC, is a psychotherapist, a former Buddhist monk, and the award-winning author of several books, including *One-Minute Mindfulness*, *The Mindfulness Toolbox*, and *The Mindfulness Code*. He conducts mindful living and mindful eating workshops and retreats and trains mental health therapists and businesspeople to use mindfulness as a tool for optimizing health and fulfillment. He lives in Portland, Oregon.

Users Review

From reader reviews:

Thomas Carlson:

Often the book Clearing Emotional Clutter: Mindfulness Practices for Letting Go of What's Blocking Your Fulfillment and Transformation has a lot of information on it. So when you read this book you can get a lot of benefit. The book was published by the very famous author. The writer makes some research before write this book. That book very easy to read you can get the point easily after looking over this book.

Antonia Parham:

In this age globalization it is important to someone to get information. The information will make a professional understand the condition of the world. The healthiness of the world makes the information easier to share. You can find a lot of personal references to get information example: internet, classifieds, book, and soon. You will see that now, a lot of publisher which print many kinds of book. The book that recommended to your account is Clearing Emotional Clutter: Mindfulness Practices for Letting Go of What's Blocking Your Fulfillment and Transformation this guide consist a lot of the information from the condition of this world now. This specific book was represented how do the world has grown up. The vocabulary styles that writer make usage of to explain it is easy to understand. The particular writer made some research when he makes this book. That is why this book ideal all of you.

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Pablo McNamara:

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