



CLEAR THE SPACE... *FEEL THE RUSH*

Declutter Body, Mind, and Stuff To
Reclaim Energy, Freedom, and Fun

ABOUT THE AUTHOR

Connie Lockhart Ellefson is an engineer and professional organizer working in the Denver metro area. Since 2008, she has helped others discover greater creativity and increase energy that was tied up in unnecessary clutter. In *Clear the Space... Feel the Rush*, Connie shares over 15 years of experience in working with others to declutter and downsize their lives.



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THE HIDDEN COST OF CLUTTER

Whether physical, emotional, or possessional, clutter takes up space in our psyches and calendars that we can reallocate towards living a more creative, energetic, and fulfilling life.

While the idea of decluttering and downsizing appeals to many of us, it remains an elusive goal. Marie Kondo is credited with creating a movement around the 'Life-Changing Magic' of decluttering.

Clear the Space, Feel the Rush expands far beyond Kondo's work. Author Connie Lockhart Ellefson shows how decluttering can be accomplished not only with our belongings (our "stuff"), but with our thoughts and emotions, and our bodies, as well.

Connie shares how her 'decluttering' journey ultimately led to a life of enthusiasm, enjoyment, and lightness. She discovered you can approach decluttering from any of several directions, not just your possessions. Progress in one area positively impacts the others, and the resulting rush of energy not only allows the real you to emerge but has exhilarating effects on your mental and physical health.

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