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

*Donald Altman*

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