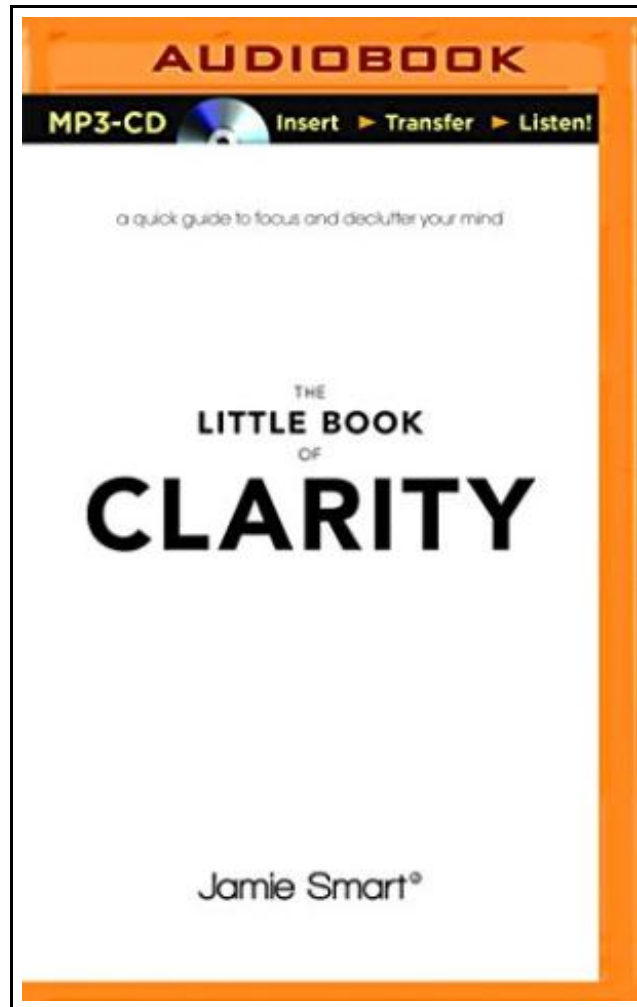


## The Little Book of Clarity: A Quick Guide to Focus and Declutter Your Mind



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## THE LITTLE BOOK OF CLARITY: A QUICK GUIDE TO FOCUS AND DECLUTTER YOUR MIND



Brilliance Corporation, United States, 2016. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. The Little Book of Clarity shows you how to clear your head and get things done. Based on the bestselling book Clarity, this new edition has been distilled to the essentials, getting right to the point. With no vague theory or superfluous anecdotes, this book gets you right to work on reducing stress and boosting productivity by uncovering your mind's in-built self-clearing capacity. As you begin to understand the concept of innate thinking, the benefits will start emerging in every corner of your life. As you think less, you'll win more at work, at home, and at the game of life as a whole. You'll rid your mind of clutter for good as you focus on what matters and finally free up the time you need to pursue your dreams. Life's constant bombardment of to-do and urgent pushes your own priorities clear off the radar. Before you know it, you're always busy but not getting very much accomplished. Personal goals fall by the wayside as you struggle just to keep up with day-to-day life. This book shows you how to cut the noise, clear the fog and start working on what matters to you. Harness the power of insight and principles Discover your true identity and innate wisdom Build better relationships and stronger connections Discard toxic goals and pursue authentic desires Clarity is the mind's natural state, a state to which it will always return if given the chance. Although it's evident in children, most adults have had this ability conditioned out of them by our go-go-go society, leaving them mentally muddy, stressed, and ineffectual. The Little Book of Clarity helps you erase that conditioning and gain the peace of...



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