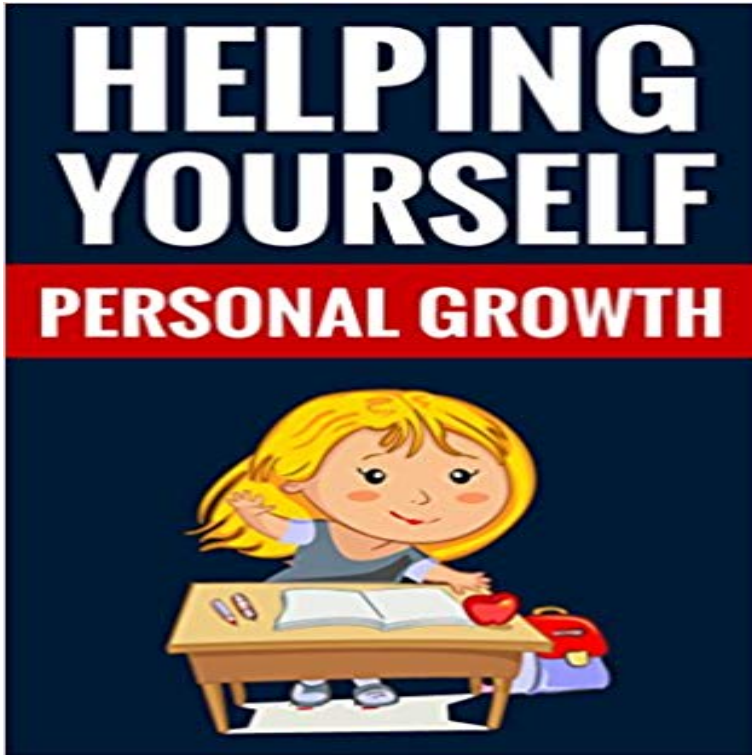


# Helping Yourself - Personal Growth: Self Improvement For Happiness And Success In Life



Every person tries to clean clutter from their homes, at the least twice a year. We call it spring cleaning, or fall cleaning, which is done before Christmas. Regardless of when you do it, you know how hard it is to part with sentimental junk that you have collected over the years. All of us have some kind of memories attached to articles from the past that we keep. We hold onto these things and have a hard time getting rid of them, things like a romantic card, a child's first drawing or project, letters from an old boyfriend, pictures without dates. I have boxes of these kinds of memories and want to be able to separate from them but occasionally find that I spend more time looking through them to decide what to get rid of than I actually do discarding them. When we spring clean our belongings with memories, it becomes a really large chore. It is a necessary chore that enables us to have more space, light and energy in our home and ultimately in our life. We must then approach it as a chore, or any activity that we expend energy and time and prepare ourselves for a pretty large task...

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