



# **The Happy Closet - Well-Being is Well-Dressed: De-clutter Your Wardrobe and Transform Your Mind**

*Annmarie O'Connor*

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**Get ready – it's time to create a happy closet!**

*The Happy Closet* will help you transform your wardrobe (and your mind) into an organised and clutter-free space, ensuring you dress for the person you are today and never again utter the ill-fated words, 'I have nothing to wear'.

In this inspirational book you'll find out how to move past the unconscious hoarding patterns in your personality. You will learn how to go from collecting rails of clothes you rarely wear to shopping effectively and mindfully to building a wardrobe that works for you, whatever your lifestyle. Once your clothes are in order, you will feel more confident, more in control and less anxious.

This is a book for anyone who has ever wanted to have more with less. Get ready to discover your Happy Closet, where well-being is always well-dressed.

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