



Blessed by Less: Clearing Your Life of Clutter by Living Lightly

By Susan V. Vogt

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Susan Vogt knew she had far more stuff in her closets than she needed. So, for Lent one year, Susan took action: she gave away one thing a day for forty days. But what happened during that penitential period surprised her; she became so addicted to identifying unnecessary things in her life that she continued the practice for a full year. Then she began letting go of other baggage—some physical, some emotional—and found that, far from feeling poorer, she felt freer and more fulfilled than ever before. A spiritual place had opened that allowed Susan to unclutter her mind and deepen her faith.

Blessed by Less offers encouragement and inspiration for all who are burdened down by “things” in their homes and hearts but don’t quite know how to begin the process of letting go. Susan includes tips for beginners and challenges for those who’ve been simplifying for years. Rather than making readers feel guilty for all the stuff they’ve accumulated, Susan gently nudges them to see all that they have to gain—physically, emotionally, and most of all spiritually—by living lightly.

Practical from start to finish, *Blessed by Less* shows how one woman’s journey into a simpler, less cluttered life can also be our journey and how taking a spiritual perspective on the matter can lead to abundant blessings we would have otherwise missed.

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Blessed by Less: Clearing Your Life of Clutter by Living Lightly By Susan V. Vogt Bibliography

- Sales Rank: #282806 in Books
- Published on: 2013-12-01
- Original language: English
- Number of items: 1
- Dimensions: 8.25" h x 5.25" w x .54" l, .39 pounds
- Binding: Paperback
- 144 pages

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Editorial Review

Review

"Vogt has written a helpful handbook for Christians and others who want to simplify their lives and travel more lightly."

- Frederic and Mary Ann Brussat, *Spirituality & Practice*

"If you are someone who has encumbered with clutter, Blessed by Less is the practical manual and guide you've been looking for."

- Frank Viola, *The Deeper Journey*

"Throughout her brief, but helpful book, Vogt provides a variety of suggested practices that we can all easily undertake."

- J. Ryan Parker, *Pop Theology*

"[Blessed by Less] is an inspiring book and I think anyone who wants a taste of the spiritual blessings embodied in lightening one's load will find the book a delight."

- Carl McColman, *A Contemplative Faith*

"The book's 122 pages are packed with practical and spiritual wisdom, including ways to consume and hang on to less, become more generous, let go of burdens and intangibles, waste less, save energy, worry less, laugh more, and, as you win, eliminate the 'smug factor.'"

- Kim Shippey, *Changing Tides of Health*

About the Author

Susan Vogt is a speaker, author of five books, and former editor of the *Journal of the National Association of Catholic Family Life Ministers*. For over 30 years, Susan has worked in family ministry for the Catholic Church. Susan and her husband have worked with ecumenical and social justice organizations including *Parenting for Peace and Justice*. Susan is married, has four children, and lives in Covington, Kentucky.

Users Review

From reader reviews:

Lois Yale:

In this 21st hundred years, people become competitive in each and every way. By being competitive now, people have do something to make them survives, being in the middle of the crowded place and notice by means of surrounding. One thing that often many people have underestimated it for a while is reading. Sure, by reading a reserve your ability to survive enhance then having chance to remain than other is high. For you

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Amanda Haskin:

The feeling that you get from Blessed by Less: Clearing Your Life of Clutter by Living Lightly will be the more deep you searching the information that hide into the words the more you get interested in reading it. It doesn't mean that this book is hard to recognise but Blessed by Less: Clearing Your Life of Clutter by Living Lightly giving you buzz feeling of reading. The author conveys their point in particular way that can be understood simply by anyone who read this because the author of this book is well-known enough. This book also makes your personal vocabulary increase well. Making it easy to understand then can go to you, both in printed or e-book style are available. We propose you for having this particular Blessed by Less: Clearing Your Life of Clutter by Living Lightly instantly.

William Kirby:

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Raymond Dixon:

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