



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

By Jamie Smart

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Imagine what you could achieve if you could only clear your mind

The Little Book of Clarity shows you how to clear your head and get things done. Based on 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 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 and 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 mind to live a life you love — permanently.



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Editorial Review

From the Back Cover

FOCUS. SOLVE. SUCCEED.

Imagine what you could achieve if you had a clear head.

State-of-mind specialist and #1 bestselling author Jamie Smart is going to show you how to **clear your mind automatically**. Get clarity now and your performance will skyrocket, your stress levels will plummet and your mood will be more positive.

- Think clearly
- Eliminate stress
- Perform better
- Achieve your goals
- Enjoy better relationships

Start experiencing the benefits of clear thinking now and live a life you love.

www.LittleBookOfClarity.com

"A refreshing approach and a good read for anyone in business"

– **Paul McKenna**

"Jamie Smart rocks! Stop stressing and start living a life you love with *The Little Book of Clarity*"

– **Sháá Wasmund MBE, Author of the #1 bestseller *Stop Talking, Start Doing***

About the Author

Jamie Smart is a state-of-mind specialist, a leading trainer speaker, coach and consultant. He has been teaching people how their minds work and how to lead happy successful lives for 13 years.

Users Review

From reader reviews:

Natasha Rich:

The book *The Little Book of Clarity: A Quick Guide to Focus and Declutter Your Mind* give you a sense of feeling enjoy for your spare time. You can use to make your capable more increase. Book can for being your best friend when you getting pressure or having big problem together with your subject. If you can make reading a book *The Little Book of Clarity: A Quick Guide to Focus and Declutter Your Mind* to become your habit, you can get considerably more advantages, like add your own capable, increase your knowledge about several or all subjects. You may know everything if you like wide open and read a reserve *The Little Book of Clarity: A Quick Guide to Focus and Declutter Your Mind*. Kinds of book are a lot of. It means that, science publication or encyclopedia or other folks. So , how do you think about this publication?

Michael Hamrick:

Often the book *The Little Book of Clarity: A Quick Guide to Focus and Declutter Your Mind* has a lot associated with on it. So when you check out this book you can get a lot of advantage. The book was published by the very famous author. The author makes some research before write this book. This kind of book very easy to read you may get the point easily after looking over this book.

Katie McCants:

Reading can called head hangout, why? Because when you find yourself reading a book specially book entitled *The Little Book of Clarity: A Quick Guide to Focus and Declutter Your Mind* your mind will drift away trough every dimension, wandering in each aspect that maybe mysterious for but surely will become your mind friends. Imaging every single word written in a e-book then become one web form conclusion and explanation in which maybe you never get before. The *The Little Book of Clarity: A Quick Guide to Focus and Declutter Your Mind* giving you a different experience more than blown away the mind but also giving you useful info for your better life on this era. So now let us present to you the relaxing pattern at this point is your body and mind are going to be pleased when you are finished reading through it, like winning a casino game. Do you want to try this extraordinary spending spare time activity?

William Burmeister:

In this age globalization it is important to someone to obtain information. The information will make someone to understand the condition of the world. The healthiness of the world makes the information better to share. You can find a lot of sources to get information example: internet, newspaper, book, and soon. You can observe that now, a lot of publisher that will print many kinds of book. The book that recommended for you is *The Little Book of Clarity: A Quick Guide to Focus and Declutter Your Mind* this book consist a lot of the information with the condition of this world now. This kind of book was represented how does the world has grown up. The terminology styles that writer value to explain it is easy to understand. The particular writer made some research when he makes this book. That's why this book suitable all of you.

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