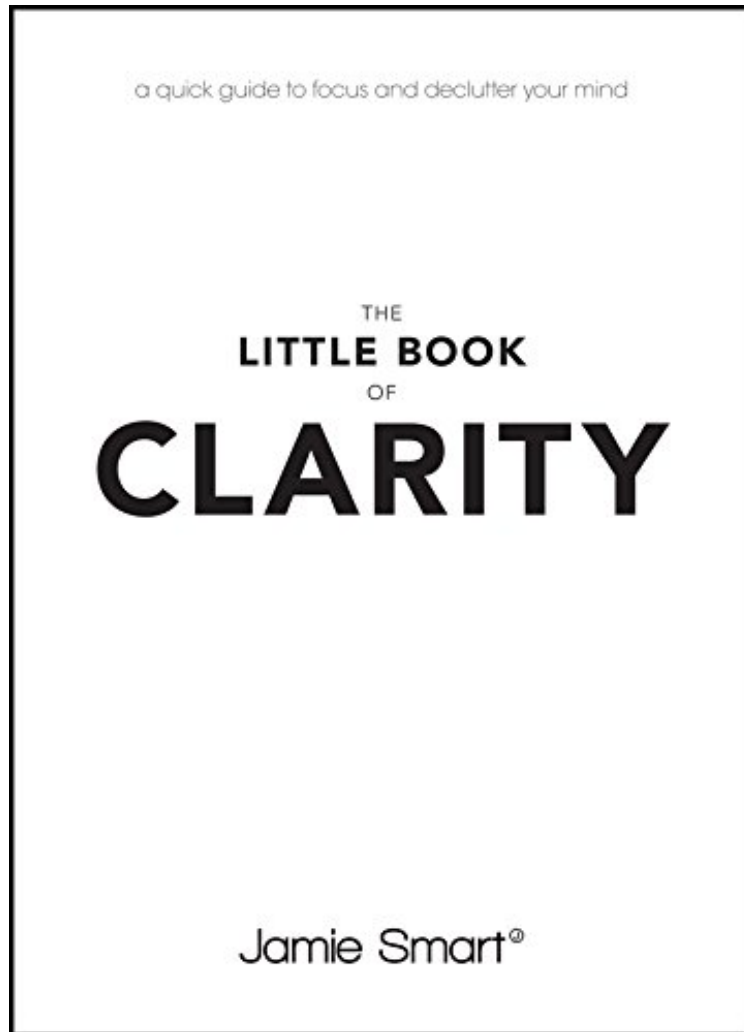


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## The Little Book of Clarity: A Quick Guide to Focus and Declutter Your Mind

*Jamie Smart*

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**Jamie Smart : The Little Book of Clarity: A Quick Guide to Focus and Declutter Your Mind** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Little Book of Clarity: A Quick Guide to Focus and Declutter Your Mind:

5 of 5 people found the following review helpful. Exactly what I needed! A powerfully concise book about Innate Thinking and the Power of our MindsBy Thomas J. CareyI absolutely loved this book. It delivers exactly as it promises -- as a more clear and concise guide to Innate Thinking and the 3 Principles that Jamie Smart outlined in his first book CLARITY:Clear Mind, Better Performance, Bigger Results. Each chapter felt like a power punch of insight which delivered to me a deepening of my understanding about how our minds work and how our default state is one of peace, love, wisdom, and intuition. It's one of my favorite books now!14 of 16 people found the following review

helpful. Highly recommended  
By Robert Monteux I have been a fan of Jamie Smart's work for years, dating back to his NLP days. When I first discovered the 3 Principles two years ago (spurred by the very sexy title "Do Nothing" by Damian Mark Smyth), I started buying every book I could find on the topic and quickly found Jamie's first book "Clarity." I like Jamie's voice and found the book intriguing, but felt it starting to ramble and gave up on it twice before I finally finished it. Still, I liked the book and would have given it a 4 out of 5. This "Little" book hits all the right buttons for me, flows well and reads quickly (which for me means I will re-read it). I also especially like the 3rd part of the book. I will happily recommend and even give this book to friends and clients.  
0 of 0 people found the following review helpful. Must have for your library...and your life  
By Krista Smith Jamie Smart is concise and fun to read, and The Little Book of Clarity is no exception. He explains what can often be a heavy, meandering topic in a practical and easy way. The principles in this book and in Clarity have changed our lives, our marriage, and our relationships with others, including our kids! I highly recommend this book and anything else by Jamie Smart! We have multiple copies because we always seem to give them away as gifts to our friends and family who are struggling, or those who just want to live a better life. Buy more than one, you won't be sorry!

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  $\dashv$ ; 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  $\dashv$ ; permanently.

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](http://www.LittleBookOfClarity.com) "A refreshing approach and a good read for anyone in business"  $\dashv$ ; Paul McKenna "Jamie Smart rocks! Stop stressing and start living a life you love with The Little Book of Clarity"  $\dashv$ ; Shaacute;acute; 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.