## Contents

Preface ix

- 1. Why Declutter? 1
- 2. Memories and Materialism 7
- 3. Clutter and Sin 23
- 4. Clutter and Repentance 39
- 5. Clutter and Prayer 55
- 6. Clutter and the Common Good 71
- 7. Clutter and Spiritual Discipline 89

Conclusion 105

Acknowledgments 111