



Laura Lavigne
author, public speaker, and more.

Lighten Up!

Simplify your life and experience less stress, more peace, and more focus - at home and at work.

"I will never get everything done"

"My mind is exploding from stress"

"I can't sleep"

"I can never find anything I need"

"There is just not enough time"

"What did I do with all these papers??"

Description:

Laura believes that "clutter kills" and she is on fire about making sure we all live - and thrive! In this short talk, she will share some of the tools with which she has helped hundreds of people be less overwhelmed, create more space in their lives and more time in their day.

During this talk, you will discover:

- How Laura's 5-word "mantra" can take away all the stress and guesswork out of de-cluttering.
- Why lightening up our thoughts can literally save our lives.
- How easy it is to trade mental clutter for physical clutter - and how not to do it.
- The one thing many of us forget when trying to simplify our lives. (not knowing this can keep us in *stuff slavery*) ...

... and more.

Laura Lavigne is an author, a public speaker, an incorrigible entrepreneur and a mom. She has experienced firsthand the high cost of "too much" and now treasures a simpler yet richer life where 98% of of what she does ... she loves.

"Laura, I love your mantra. Thank you for all your creative efforts to "de-excess" society." Don Aslett - best selling author of *Clutter's Last Stand*