



Why Cleaning Has Meaning: Bringing Wellbeing into Your Home

By Linda Thomas

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Few of us enjoy cleaning?more often than not, it feels like a thankless, repetitive task that we must force ourselves to do.

Linda Thomas is an expert, professional cleaner who operated her own ecological cleaning company for more than twenty years. In this unique book, she explores her passion for cleaning, and argues that cleaning can have a profound effect?not just on the spaces we care for, but also on our own wellbeing and personal development.

This lively and readable book is full of anecdotes, practical examples, and ecological cleaning tips from the author's decades of cleaning experience. Ultimately, she states that, if we elevate our understanding of cleaning, we might even begin to enjoy it!

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Why Cleaning Has Meaning: Bringing Wellbeing into Your Home By Linda Thomas Bibliography

- Sales Rank: #1147909 in Books
- Brand: Floris Books
- Published on: 2014-03-01
- Original language: German
- Number of items: 1
- Dimensions: 9.10" h x .80" w x 6.10" l, .0 pounds
- Binding: Paperback
- 288 pages

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Editorial Review

Review

'Linda Thomas's book is really a very helpful guide to raising awareness and awakening in us attention to the conditions we allow to be around us -- and affect us -- on a daily basis ... A worthwhile and rewarding read.' -- New View 'Linda also emphasises the importance of rhythm and provides practical guidance for readers who want to put her recommendations into practice; you will almost certainly be galvanised into action by reading this insightful book.' -- Scientific and Medical Network Review

About the Author

Linda Thomas was born in 1953 and grew up in South Africa in a large family. She now lives in Switzerland with her husband and two grown-up children. In 1988 she founded an ecological cleaning company, and from 1993 to 2012 was responsible for cleaning the Goetheanum buildings in Dornach, Switzerland. She is presently a housemother at the Lucas Clinic in Arlesheim. She lectures widely.

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