



The Chotchky Challenge: Clear the Clutter from Your Home, Heart, and Mind...and Discover the True Treasure of Your Soul

Barry Dennis

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Chotchky is a variation of a Yiddish word typically referring to something of little value . . . but it can also mean something much more profound. It's the excess "stuff" that we've accumulated in our homes *and* hearts—the meaningless possessions, negative beliefs, self-doubts, and toxic relationships that drain our time, energy, and money. The challenge is to identify our chotchkies and understand how they've infiltrated our lives and lulled us to sleep. Our soul tries to get our attention through our subtle thoughts and feelings that seem to whisper, *There is more to life than this*. But our chotchkies keep coming, filling us with a false sense of purpose.

In this deeply insightful and often humorous work, spiritual teacher **Barry Dennis** shows you how to attain complete and total freedom from all of *your* chotchkies. When you're free, you will come face-to-face with the true nature of your soul and finally be able to focus on what really matters. This won't be easy . . . but just because something isn't easy doesn't mean it can't also be fun.

Your soul awaits. Become part of a new paradigm that is leading the way to a more balanced and peaceful world. It's time to take *the chotchky challenge!*

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