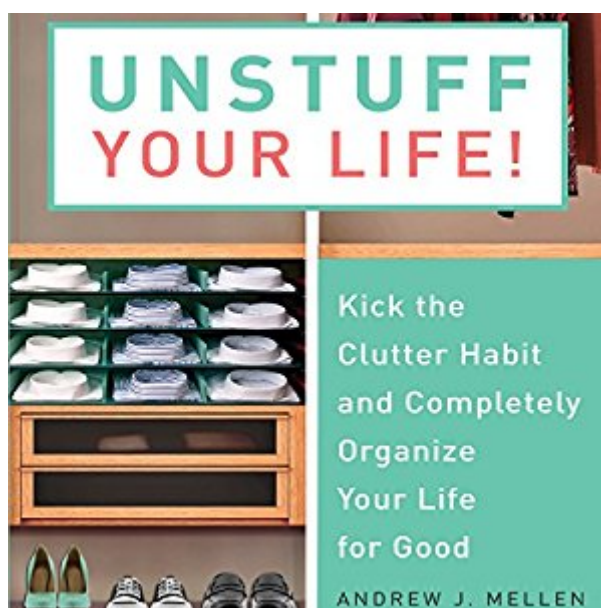


The book was found

Unstuff Your Life: Kick The Clutter Habit And Completely Organize Your Life For Good



Synopsis

One of the country's most sought-after professional organizers here makes his foolproof rescue plan available for everyone. Arguably the most organized man in America, Andrew J. Mellen has created unique, lasting techniques for streamlined living, bringing order out of chaos for a client list that includes attorneys, filmmakers, and even psychologists. With *Unstuff Your Life!* he puts his powerful program in the hands of his widest audience yet. Acknowledging that it's often the "stuff behind the stuff" that holds people back, Mellen offers an action-based plan to redirect clutterers from dwelling on their feelings. This simple shift yields immediate results that will help everyone achieve organizational bliss. Mellen's mix of humor, honesty, tough love, and foolproof strategies will motivate listeners to work through their feelings and make real behavior changes that will have long-lasting effects. Written in Mellen's signature no-nonsense yet hilarious tone, *Unstuff Your Life!* brims with personality, along with approaches not found in other organizing books. Built on the principle that we must distinguish ourselves from our possessions, *Unstuff Your Life!* starts with truly achievable goals and works toward the nightmare projects everyone tries hard to avoid. From the basement to the bedroom, the kitchen to the car, and more, listeners will learn: Where to find a permanent home for your keys and wallet How to sort the mail in a manageable and time-effective way What it means to group "like with like" How to tackle bills and budget How to problem-solve with your new skills, and more The result is absolute freedom from the burden of clutter - and more free time than you ever imagined possible. Please note: Lists and worksheets mentioned in the audio can be downloaded from andrewmellen.com/uyl-downloads/.

Book Information

Audible Audio Edition

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Customer Reviews

For a professional organizer, this guy certainly doesn't organize his writing very well. He's all over the place, and it's a challenge to get any good ideas for organizing out of his endless self-accolades and rambling anecdotes.

I watched the author on a video. Liked what he had to say and how he responded to questions from the audience. I'm already pretty clutter free but feel there is always room for improvement and also thought to share the book with family members who need a nudge. The book is less than I expected based on Andrew's live performance. It is a good start and offers some good ideas but didn't have the umph I had hoped for. If you are trying to start to declutter...this will be a good beginning.

Has some good ideas, but they get into too much new age philosophical crap for me.

A book that explains how the quality of life and and your "stuff" is interconnected and a plan to improve both. This is the first "organizational" book I have read that provides a way to let go things you do not like but feel guilty about giving away or selling. For that alone, the purchase price of the book is worth it. Sorry Mom-I love you but the large beaded christmas ornaments will have to go-all except one that is-sentimentality is allowed.

I bought this book a few years ago, read a few chapters then put it down because I wasn't ready to incorporate the teachings. I have slowly started incorporating his ideas and really like it. I am not an organized person, so this book offers clear guidance for me on how to get organized.

Early on in the book, the author says something like "Everything in it's place, and like with like" - you could shut the book right now and have learned all you need to know." Unfortunately that's not an exaggeration. If you have zero organizational skills at all, this book could be helpful - but if you've got a few basics down and you were looking for extra productivity tips, you won't find them here. I found the author's tone to be demeaning, and ultimately I chose not to finish the book after reading "Everything in it's place, and like with like" for the fourth time, along with multiple references to God specifically as a "She" - I don't care what the author believes, but I found it to be distracting from the subject at hand in this context.

Very interesting reading

I can't imagine a more comprehensive treatment of this subject. This book is special because Mellen really understands the emotions that paralyze many people as they try to deal with all of the stuff of their lives. His experiences helping people, in groups and individually, have given him deep insights into the ups and downs of learning to manage the possessions in our lives. I bought the book because I was "born tidy" and have a few friends who live under the tyranny of piles, boxes, closets, and garages full of stuff. They have occasionally asked for my help, but get stuck emotionally in the process. I was hoping to get some help with that from this book and hit the jackpot! He GETS it, so if you have felt like giving up because of past experiences of trying to organize your life, don't! Buy this audiobook and give it a go! You won't regret it.

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Highly Effective People) Habit 6 Synergize: The Habit of Creative Cooperation (7 Habits of Highly Effective People Signature) Organize Your Life, How To Be Organized, Productive & Happier In Life, Declutter Your Home and Be Productive at Work. (How to plan your life, Get Organized Book 1)

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