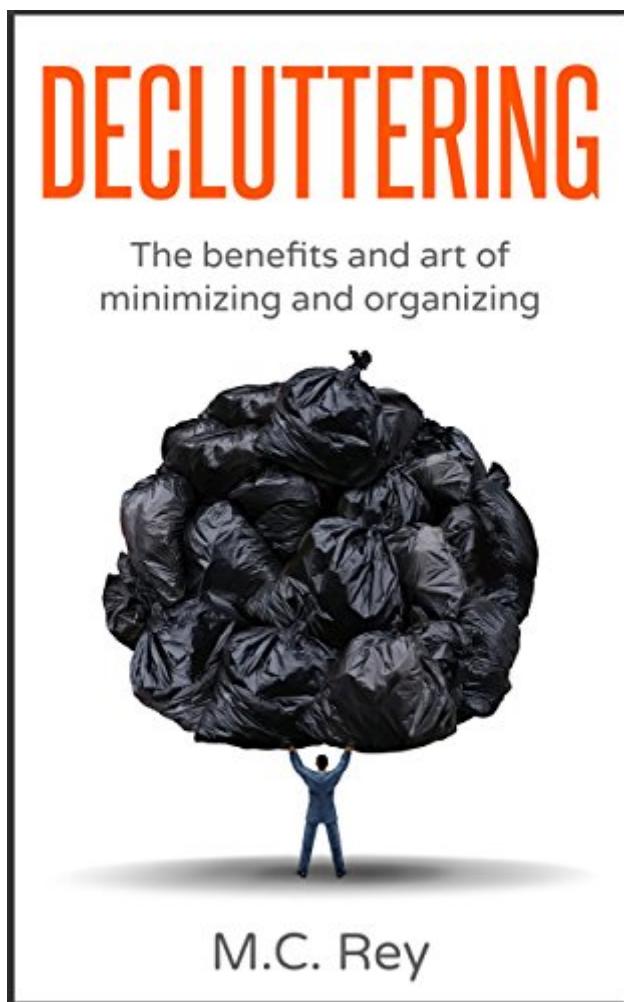


The book was found

Decluttering: The Benefits And Art Of Minimizing And Organizing (declutter, Declutter Your Home, organization, cleaning, decluttering Book, tidying Up, declutter Your Life)





Synopsis

Use these powerful decluttering secrets to easily immediately eliminate stress and anxiety today! I want to thank you and congratulate you for downloading the book, "Decluttering: The Benefits and Art of Minimizing and Organizing". This book contains proven steps and strategies on how to declutter your home and your life. Here, you will learn how organizing your things can have a huge impact on how you run your life. Basically, having an organized living space and environment leads to a more organized life. This book contains information regarding decluttering and the effects of clutter on your well-being. It also contains tips on how you can finally break free from the mess and be a minimalist. Thanks again for downloading this valuable and vital piece of information you need this book, I hope you enjoy it! Here is a preview of what you'll learn... What happens when there is too much clutter? Clearing out your closet, Decluttering items with sentimental value, The don'ts of Decluttering, And Much, Much More! Take action now and get this Kindle Book for only \$0.99!

Book Information

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Customer Reviews

I must admit that over the hectic, busy days, weeks and months, I'm known to get cluttered... so I picked up this nifty little book to help me figure out the best way to attack what seemed to be an overwhelming feat. This book has quite a few simple, easy-to-follow, no-nonsense tips within that really helped me get on top of things, and I really appreciated that it went beyond the standard "clean out your closets", also talking about digital clutter, which I feel is currently actually my worse problem. I was able to take action immediately and have already achieved measurable results from some of the tips in this book, and that makes me a satisfied customer.

This book is a helpful, quick guide if you are a person with too much clutter that doesn't even know where to begin. I'm a huge fan of shows like Hoarders. I am amazed by the clutter people can acquire and how difficult it is to let things go. I save everything my kids make, and I have more junk drawers than I really should. I frequently try to declutter, but often don't get very far. I am determined to give it another go. It's tough to do but feels really good afterwards. I think this book will help me begin the decluttering process, yet again, and hopefully I'll get farther this time!

This book teaches properly how to declutter and organize things to our own benefits.

It's true that it's so hard to let go of things that we think they can still be useful, but the truth is, they just end up being stored in that same place and we don't use them at all. This book also teaches us to let go...thus, will give us physical and mental space. I just didn't like the idea of letting go of things that are truly valuable to us like old photos, I'd rather create a small space at home for old stuff like these instead of making them digitized photos. I still like the feel of old photos in my hands and browse through them. But overall, this book is good and I'd like to give it a rate of 3.5 stars.

Good Buy. Been getting really stressed at work, doing 50+ hours a week. recently bought a coloring book to relieve stress , it helps but I also need other methods of helping me cope. I was noticing that I kept piling on chores and to-do lists and all the mess and clutter is leaving me feeling stressed. Reading this book is helping me understand the effect ones mess can have on the mind and body. Seeing all the trash laying around what it will do to a person. It is really helping me organize my things so I can have maximum use of my space. recommended buy!

This book is wonderful. I learned how to be an organized person and how to remove unnecessary items from overcrowded place at home, it opened my eyes that you need to be cleaned your surroundings to have a beautiful and organized place and also this book gave me some idea to improved myself to be an organized person, for me I will recommend this book to otherÃƒÂ¢Ã ¬Ã ¸s to improved their lifestyle at home. Many Thanks to the author.

The book is practical, in-depth, and clear. It made me understand the psychology behind collecting things. I was not aware of the impact of clutter on the brain and I appreciated that the author backed up some information with studies. It contained proven steps and strategies on how to declutter your life and your home. I learned a lot regarding decluttering and the effects of clutter on my well-being. It inspired me to discard the things that are of no use and even those with sentimental value. The author is right that you can still treasure memories not through things. I have to admit that before reading this book, I had difficulty decluttering my stuff. I applied the one in, one rule out and my closet is so much more organized than before. I also feel so much better. The tips in this book are really effective. If you want to declutter not just your home but your life, buy this book. It is a life-saver.

Have you ever had problems storing too many items, but have very limited storing capabilities? Do you often keep a lot of useless things thinking you will need them some time in the future but keep cluttering in the end? If that's the case, then this is a book for you. The author gives us the solution, by explaining the psychological aspects of the cluttering phenomenon, and by giving us concrete advices on how to release ourselves of items we essentially don't need. This sometimes proves out to be more difficult than it looks like in the beginning, since a lot of stuff can have sentimental values. Since this is something I experienced personally, there are all the more reasons for me to recommend this book to everyone who is coping with this problem. I hope the author will soon publish more quality work like this one, as I'm looking forward to reading more from M.C. Rey.

Wow this book has definitely been of great help for me! I absolutely hate decluttering and I always postpone it. This book motivates you to clean your home as much as possible. The one in and one out rule has been really helpful for me as well as the 80/20. I am going to recommend this book to my siblings and all my friends. Fantastic book. I will definitely read more from M.C Rey.

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