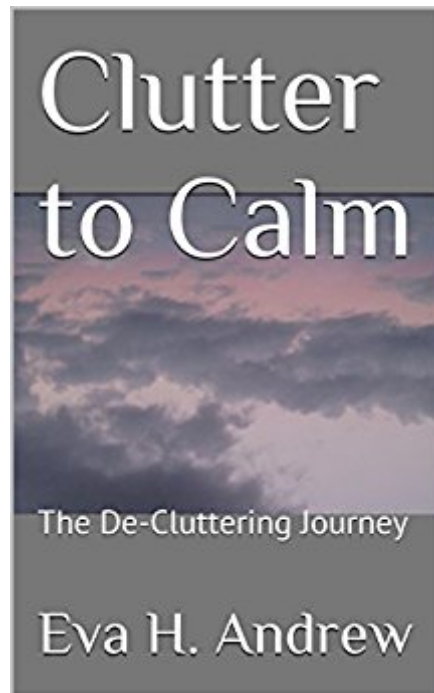




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Clutter To Calm: The De-Cluttering Journey



Synopsis

Clutter to Calm This book is for you if you have: a. Started numerous times to de-clutter your life. b. Gotten so far only to fall back into your old ways. c. Decided that NOW is the time to get it done...once and for all! Depending on how large of a space you have, de-cluttering takes time and is a mental process as well as a physical one. Our goal is to become totally clutter free for the long term, not the small term. In Clutter to Calm, you will: a. Find out if you Clutter or Hoard. b. Learn how to make the de-cluttering process work for you. c. Find various checklists to help you determine why you clutter and how to get out of that mindset. d. Use tricks of the process that really work. e. Find extra time in your life once your space is de-cluttered. f. Develop the habits necessary for the de-cluttered space. I hope that you will join me on this life changing journey from CLUTTER TO CALM!

Book Information

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Cleaning, Caretaking & Relocating

Customer Reviews

This is such a helpful book, because it is so detailed. There are lists of everything in the house, and room by room it suggests how to get rid of the clutter. There is a small questionnaire that explains the difference between a "clutterer" and a "hoarder" and several lists of the differences between a child growing up in a cluttered home and an uncluttered home. There IS a sense of peace when walking through one's own home and seeing orderliness. It removes that "Oh, I've got to do something about this and this and this" feeling of anxiety.

This guide book to de-cluttering came at just the right time for me. Before the holidays. As I go through my totes full of holiday décor, I have in the back of my mind the lists Eva shared in this book. She was talking about me! Or at least it seemed like she was standing in the doorway looking in my rooms and closets! Eva covers so many aspects of decluttering from what to use to help you do the best job at decluttering and why you should let things go. Her checklists were a hit with me. She shared personal experiences so it made me realize she knew what she was talking about. Time is an issue right now but soon as the holidays are over I'm committing to decluttering. And you can be sure I'll be referring to this guidebook as I go.

This is a good basic book on how to get started clearing clutter from your home. Her strategies are simple and practical for anyone who wants to get better organized, and needs a place to start. Her plan is easy to follow and very effective, especially for people who have a hard time deciding what to keep and what to toss.

Some good ideas, some kinda silly. Hasn't worked for me yet!

5 resounding stars! This book overdelivers! After reading only the first few pages I discovered to my enormous relief that I am not a hoarder!! really didn't know what to expect when I opened my Kindle version of Clutter To Calm but I was curious and hopeful that maybe, just maybe Ms Andrew was going to somehow 'fix' me and my little clutter problem. I was not prepared for the authors breadth of knowledge as was truly shocked to discover all the emotional/mental, physical & spiritual complexities of what we refer to as simply clutter! There is nothing simple about it yet the solutions presented in this timely and compact read are going to be life-altering forme and for anyone who is truly ready to go beyond their clutter. I appreciated that Ms Andrew gives us her personal story which I was able to connect with immediately particularly to her own struggles with weight/body image issues related to her clutter story. Her style is both genuine and sincere. This book is impeccably

organized, researched and presented. A gem of a book. Thank you Eva Andrew!

Another good book to unclutter your life

liked the price

Great book !

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