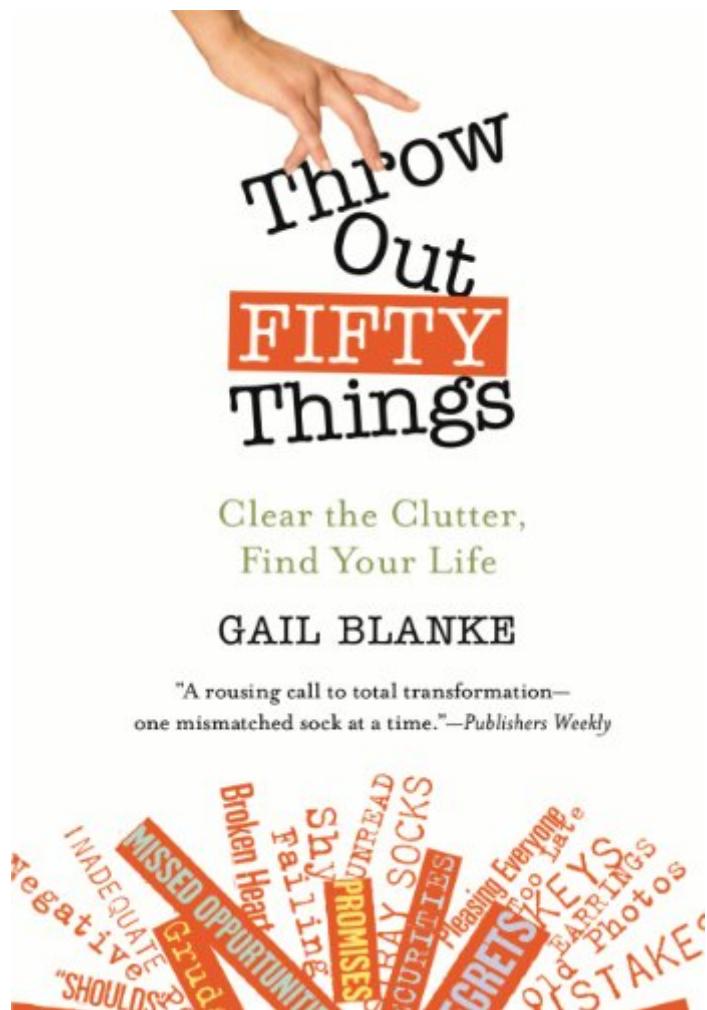


The book was found

Throw Out Fifty Things: Clear The Clutter, Find Your Life



Synopsis

"A perfect guide to getting the non-essentials out of the way, so that simple joys can make their way into our lives." - Marianne Williamson, author of *A Return to Love*"If you want to grow, you gotta let go," is the mantra that bestselling author, columnist, and life coach Gail Blanke lives by. That means eliminating all the clutter - physical and emotional - that holds you back, weighs you down, or just makes you feel bad about yourself. In *THROW OUT FIFTY THINGS* she takes us through each room of the house - from the attic to the garage - and even to the far reaches of our minds. Through poignant and humorous stories, she inspires us to get rid of the "life plaque" we've allowed to build-up there. That junk drawer (you know that drawer) in the kitchen? Empty it! Those old regrets? Throw 'em out! That make-up from your "old" look? Toss it! That relationship that depresses you? Dump it! Once you've hit fifty (you'll be surprised how easy it is to get there) and once you've thrown out that too-tight belt and too-small view of yourself, you'll be ready to step out into the clearing and into the next, and greatest, segment of your life.

Book Information

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Customer Reviews

I liked this book very much. Easy to read and follow and not too big! Thus, it does not take a lot of time to read. It inspired me to follow the instructions right away! I recommend it to anyone who needs to eliminate either a little clutter or a lot.

This book was recommended to me from a friend and I am so glad I purchased it. I didn't do the workbook like you are supposed to do along with the book, but it was great reading the chapters and going from room to room and throwing stuff out. I felt so relieved to get rid of junk that was overtaking my life. My life and house felt so much simpler and now I think twice before I decide to save something.

GREAT IDEAS TO REMOVE CLUTTER. WORTH THE READ AND A FAST READ. SHIPPED FAST AND IN GOOD CONDITION.JUST A FEW PAGES WILL HELP WITH YOUR CLUTTER.

Great book. Well written. Good advice but not in a preachy or condescending manner. I like the stories the author relates in how and why we save certain things.

Great book. Really makes you think about the junk in your life and how you really don't need it anymore.

I checked out this book at the library and liked it so much I had to purchase it for my mother. Great guide to not only discard unnecessary material things but also emotional things.

Awesome book especially for someone who has struggled with a lifetime of disorganization and severe ADD since I was a little girl

This book had been rec-commended by my son. I found it to very helpful.

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