



organizing for life

declutter your **mind** to declutter your world

sandra felton

the organizer lady™

Organizing For Life Declutter Your Mind To Declutter Your World

JG Myers



Organizing For Life Declutter Your Mind To Declutter Your World:

Organizing for Life Sandra Felton, 2007-03-01 Somehow no matter how hard some people try to change their messy habits they just can't seem to keep their homes in any kind of order Magazines and books and television shows offer all kinds of advice and tactics for keeping a house organized and neat and livable But what some people need is not more advice but a change in their mindsets Organizing for Life helps readers understand why they seem to be inherently messy people exposing the lies they tell themselves and introducing the truth about how they really can have a clean inviting home Felton helps readers focus on overcoming the roadblocks that keep them in a permanently messy state in order to change their habits for good

Declutter Your Mind: The Art of Decluttering and Organizing Your Life (Ultimate Secrets of the Ancient Indian Seers to Eliminate Mental Clutter) James Martinez, 101-01-01 Do you struggle with depression or anxiety Do you constantly worry about the little things then forget about the important stuff only to worry about that later too Negative thoughts like these can not only be overwhelming but destructive as well Life is about prioritizing what's important and letting go of the things that aren't When we let negative thoughts like these take over we lose control of our lives and simply start existing instead of living This is a very straightforward book aimed at teaching the different mindfulness techniques procrastination eliminators and happiness habits that everyone should not only know but practice as well Inside you'll discover Why your anxious thoughts feel so real and how to stop believing them How to step out of mental loops without forcing or fighting A new way to experience peace even when your mind isn't silent What presence really means and how to live from it A calming framework of seven quiet sentences to anchor you in clarity Clutter is blockaded energy clutter is stale stagnant stuck energy Aoife writes clearly how to dispel this stuck energy as she takes you through the necessary steps to declutter everything in your life from your purse your car and your house to your relationships your office your heart and your mind By the end of the book you will have achieved a sense of clarity in every aspect of your life and you will have insight into how to keep it that way

Declutter Your Mind: Finding Peace in an Organized Home Juanita Broyles, 2025-04-07 Declutter Your Mind is a thoughtful and transformative guide that connects the power of a tidy home with inner peace and mental clarity Through simple strategies and mindful practices Juanita Broyles shows readers how to clear physical clutter to reduce stress boost productivity and create a calm nurturing environment This book walks you through step by step methods for organizing your space letting go of what no longer serves you and creating routines that support emotional wellness Blending home organization with self care Declutter Your Mind empowers you to make space for peace joy and the life you truly want

Smart Office Organizing Sandra Felton, Marsha Sims, 2011-09 Organizing experts help readers tackle every type of office organizing challenge at work or at home

The Hoarders Scott Herring, 2014-11-09 The verb declutter has not yet made it into the Oxford English Dictionary but its ever increasing usage suggests that it's only a matter of time Articles containing tips and tricks on how to get organized cover magazine pages and

pop up in TV programs and commercials while clutter professionals and specialists referred to as clutterologists are just a phone call away Everywhere the sentiment is the same clutter is bad In *The Hoarders* Scott Herring provides an in depth examination of how modern hoarders came into being from their onset in the late 1930s to the present day He finds that both the idea of organization and the role of the clutterologist are deeply ingrained in our culture and that there is a fine line between clutter and deviance in America Herring introduces us to Jill whose countertops are piled high with decaying food and whose cabinets are overrun with purchases while the fly strips hanging from her ceiling are arguably more fly than strip When Jill spots a decomposing pumpkin about to be jettisoned she stops seeing in the rotting squalid vegetable a special treasure I've never seen one quite like this before she says and looks to see if any seeds remain It is from moments like these that Herring builds his questions What counts as an acceptable material life and who decides Is hoarding some sort of inherent deviation of the mind or a recent historical phenomenon grounded in changing material cultures Herring opts for the latter explaining that hoarders attract attention not because they are mentally ill but because they challenge normal modes of material relations Piled high with detailed and at times disturbing descriptions of uncleanness *The Hoarders* delivers a sweeping and fascinating history of hoarding that will cause us all to reconsider how we view these accumulators of clutter

Declutter Your Mind: Organize Your Mind to Lead a Professional Life of Success (Secret Steps to Clear Mental Clutter for a Lifetime of Peace and Bliss) William Turner, This book helps you understand the mechanics underlying stress and how it can provide negative dimensions to your life It is pertinent that we remain stress free to enable us to realize our total potential and avoid anxiety To deal with stress minimalism comes to your aid by reducing the number of commitments and possessions you have to look after This book is a complete guide to helping you defeat stress anxiety and negativity through minimalism You will learn The meaning of authenticity and clarity in the context of decluttering your mind Meditation mindfulness and spirituality practices which will disperse the dark clouds hovering around your mind Enrich your life with a new vision The steps to declutter your mind And keep in mind that at first it may be difficult for you to make those strong decisions and go against your old habits but the possible results are definitely worth it So don't wait scroll up click on Buy Now and get one big step closer to the life and success of your dreams

Declutter Your Life Boone Previews, 2024-02-04 In the hustle and bustle of modern life our living spaces often become repositories of accumulated belongings leading to physical clutter that mirrors the mental chaos we may experience The act of decluttering goes beyond merely tidying up it is a holistic process that encompasses organizing both physical spaces and mental landscapes By embracing the principles outlined in this guide you will not only achieve a more orderly home but also unlock the profound connection between a clutter free environment and enhanced mental well being

Smart Dozen: 12 Strategic Strategies to Declutter Your Mind, Space, and Time Clarence Riley, 2025-04-04 Smart Dozen 12 Strategic Strategies to Declutter Your Mind Space and Time Are you drowning in mental clutter overwhelmed by your schedule or living in spaces that feel more

chaotic than comforting Imagine breaking free from the constant noise and stress transforming your life into one of clarity balance and fulfillment Smart Dozen is your ultimate guide to achieving just that With 12 transformative strategies this book gives you the tools to declutter every area of your life your mind your physical spaces your digital world and even your commitments Designed for anyone looking to simplify their life and find more meaning Smart Dozen will empower you to Break Free from Mental Overload Discover how mindfulness prioritization and journaling can clear your mind and help you focus on what truly matters Create a Space That Inspires Transform your home into a sanctuary of calm with step by step decluttering and organization techniques Take Charge of Your Time Say goodbye to time wasting activities and design a schedule that reflects your goals and values Reclaim Emotional Freedom Let go of past baggage embrace forgiveness and cultivate self compassion to live a lighter more joyful life Simplify Your Digital Life Organize your devices reduce screen time and create a distraction free online environment Build Lasting Habits Learn practical systems and routines to keep clutter at bay for good Whether you re overwhelmed by a full schedule drowning in unnecessary stuff or simply seeking more peace and balance Smart Dozen provides practical solutions you can implement immediately Each strategy is designed to guide you step by step toward a life of simplicity efficiency and intentionality Join the thousands already embracing the power of the less is more philosophy With the wisdom and actionable advice in Smart Dozen you ll finally have the tools to take control of your life create space for what matters most and sustain meaningful change Stop settling for overwhelm Start your journey toward clarity simplicity and freedom today Get your copy of Smart Dozen now and discover how 12 strategies can change your life forever

Declutter Your Mind Mary Connor,2019-01-01 Declutter Your Mind For Increased Energy Clarity Focus and Joy Have you been struggling with moving forward with growth in your life Do you find that as a parent or a business person you do not have time to declutter your mind and home Are there people in your life you wish you could remove due to their negative attitudes If you are looking for inspiration to get started and want to discover how to declutter your mind with professional techniques then Declutter Your Mind Life Changing Ways to Eliminate Mental Clutter Relieve Anxiety and Get Rid of Negative Thoughts Using Simple Decluttering Strategies for Clarity Focus and Peace is the book you have been waiting for As a parent or a busy career minded person you may find that your life feels like a whirlwind of go go go There are times that your mind will be so cluttered with all the details of what you need to do for the day that you find it hard to shut down at night This can lead to countless hours tossing and turning at night with no real sleep That is when insomnia sets in and you start to walk around cranky and in a daze due to lack of sleep and motivation If this sounds all too familiar to you then I know exactly how you feel But there is an easy answer and it starts with the simple premise of decluttering This book has so much content that is geared towards you being the best person you can be without the clutter and confusion every day Grab your copy today and learn Why People Live With Cluttered Minds And What Your Clutter Is Trying To Tell You How To Unlock The Benefits Of Decluttering Practical Tips To Limit Your Overwhelm And Be More

Productive Simple Ways To Eliminate Bad Influences In Your Life Releasing Old Negative Beliefs That No Longer Serve You
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discover how easy and life changing decluttering can be don t wait any longer Scroll up and click the buy now button to get
this amazing guidebook today **How to Declutter Your Home and Transform Your Life** Christopher
Liveley, 2024-11-20 How to Declutter Your Home and Transform Your Life Add Clarity Boost Confidence Boost Happiness
Reduce Stress by Developing Your Own Organizational System for Your Home It s Time to Rise Conquer Clutter Once and
For All Learn This Complete Guide to Creating a Joyful Organized Space and a Calm Mind With this book you can finally get
and keep the clutter free home that you ve wanted and even turn your home into a happy place I am a clutter expert and a
systems development expert Put the two together and you get this book I have seen experienced and helped those with deep
clutter issues over the years Some have mind and emotion based struggles That s good You value things and memories You
want to do a good job with what you have But it just gets overwhelming which can grow into what seems impossible as if you
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deep psychology behind clutter accumulation and dominance in a home Identify a large array of clutter causing negative
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years for overcoming clutter that I ve learned from being in a big family while also working with those who ve had clutter
back log issues Don t let others diagnose you with Clutterism Disease or some other psychological disorder or try to tell you
that there is something wrong with you when you could find a couple quick tips methods strategies from this book to turn it
all around and get the clutter free home that you want the way you want it Discover the power of systems systems that take
into account you preserving the valuable things and memories that you want to keep especially about your kids This is
important You need to save these memories Now you can learn how to put those items in locations in your home and always
know exactly where they are Are you overwhelmed by clutter in your home Do you yearn for a space that brings you peace
happiness and clarity Get How to Declutter Your Home and Transform Your Life and start becoming an organizational
MASTER How to Declutter Your Home and Transform Your Life is your ultimate guide to mastering the art of organization
This step by step manual will empower you to take control of your living space while transforming your mindset Inside you ll
discover Effective strategies to declutter each room from the entryway to the garage Methods to assess your belongings and
determine what truly adds value to your life Simple yet powerful techniques to create and maintain your own organizational
system Tips for keeping your space clutter free ensuring long term success Insightful exercises to boost your confidence

happiness and reduce stress as you engage in the decluttering process Whether you are just starting out on your decluttering journey or seeking to refine your existing organizational skills this book will inspire you to create a vibrant and calm living environment that reflects your best self Transform your home into your own personal happy place your dream home while also accessing a vast array of emotional and mind based health benefits helping you boost your success your relationships and your happiness Get started today and start reading and putting to work How to Declutter Your Home and Improve Your Life Click the Add to Cart button to get started

Black Women's Mental Health Stephanie Y. Evans, Kanika Bell, Nsenga K. Burton, 2017-06-01 This book offers a unique interdisciplinary and thoughtful look at the challenges and potency of Black women's struggle for inner peace and mental stability It brings together contributors from psychology sociology law and medicine as well as the humanities to discuss issues ranging from stress sexual assault healing self care and contemplative practice to health policy considerations and parenting Merging theory and practice with personal narratives and public policy the book develops a new framework for approaching Black women's wellness in order to provide tangible solutions The collection reflects feminist praxis and defines womanist peace in terms that reject both superwoman stereotypes and victim caricatures Also included for health professionals are concrete recommendations for understanding and treating Black women this book speaks not only to Black women but also educates a broader audience of policymakers and therapists about the complex and multilayered realities that we must navigate and the protests we must mount on our journey to find inner peace and optimal health from the Foreword by Linda Goler Blount For access to an online resource created by the editors visit Black Women's Mental Health <http://www.bwmentalhealth.net>

Control Your Mind: Control Your Life Hseham Amrahs, 2024-02-28 The book explores the transformative power of mindfulness in daily living It defines mindfulness as being fully present in the moment and emphasizes its benefits including stress reduction improved focus and enhanced emotional regulation The book provides practical tips for incorporating mindfulness into daily life and offers strategies for sustaining a mindful lifestyle Definition and importance of mindfulness in daily life Benefits of controlling the mind including stress reduction and improved focus Practical tips for practicing mindfulness in daily life How mindfulness enhances emotional regulation and resilience The link between mindfulness and better relationships and communication Inspirational stories illustrating the transformative power of mindfulness Guided mindfulness exercises to help readers cultivate their practice Strategies for sustaining a mindful lifestyle over the long term Overall impact of mindfulness on mental emotional and physical well being Through inspirational stories and guided exercises readers learn how mindfulness can positively influence relationships communication and overall well being Control Your Mind Controls Your Life serves as a guide to harnessing the power of the mind to lead a more fulfilling life

Declutter Your Life Madeline Crawford, 2019-08-20 If you are overwhelmed and exhausted from life's clutter and want to discover decluttering and organizing solutions to reduce stress and positively change your life keep reading Did you know Clutter related worry ranks as the 5th highest trigger for stress in Americans

according to a Huffington Post A recent publication noted that as high as 82% of people believed that their quality of life would improve if they were more organized A LexisNexis study shows that of the numerous items we own only 20% of them are put to use Various aspects of our lives can become overwhelming leading to struggles from financial mismanagement to home clutter to messy schedules that seem to be impossible to get organized But life should be more about living and doing things that we enjoy and love instead of getting overwhelmed with worry and stress caused by the clutter of various kinds It is essential to address this problem The end goal is not just to be clutter free in the home or workplace but to also make the process a starting point to a more satisfying and uncomplicated lifestyle Author Madeline Crawford understands the problem of clutter Having burdened with life clutter for years she worked on applying different decluttering methods Through personal experience and research she has found out the best decluttering techniques that have helped change her life In this complete step by step guide she shares all her decluttering insights including How to effectively declutter and organize eight areas of your life for lasting clutter relief and lifestyle change The 17 benefits and reasons how decluttering can change your life for the better Twenty useful tips on how to get more out life s most precious resource The 14 ways you can apply to best plan activities with the most important people in your life Quick and easy decluttering techniques for each area in your home The 7 steps you can follow to save more money instead of unwise spending which can lead to overwhelming debt Two effective solutions to free your mind from stress anxiety and worry each with detailed steps for better results The top 2 reasons why people fail to declutter and the step by step techniques outlined to fix this so that it won t happen to you And much much more Added BONUSES Bonus 1 Includes a Bonus Chapter on how to plan family activities that they will love Bonus 2 Easy to apply Quick Start Action Steps at the end of chapters to help you get the results you want The good news is that decluttering can become more straightforward and less time consuming producing little or no physical or emotional stress The many strategies you will discover in this book help provide a sense of achievement and control that come at the end of the process which can be a significant stress reliever If you follow the book s step by step roadmap you ll see just how simple it is to declutter and organize to get the results you want And even if you have a hectic schedule or have never tried decluttering techniques before the steps outlined in the book will help you get rid of clutter for good If you want to experience lasting lifestyle change and be free from the worry and stress of overwhelming clutter click on the Buy Now button now to get started today

Declutter Your Life: 2 in 1: The Keys To Decluttering Your Life, Reducing Stress And Increasing Productivity: Connor Mary, 2019-02-12 Your 2 In 1 Guide To Decluttering Your Home And Mind Have you been struggling with moving forward with growth in your life In a world of material things we have become fixated with buying and having to the extent that we often find that we have all the latest gadgets and fashions whether we need them or not This means spending excessively and then taking more time to clean and tidy up leaving us feeling unhappy and missing out on more worthwhile pursuits But there is an easy answer and it starts with the simple premise of decluttering Eliminate tangible

and intangible clutter to get the life you want by choosing habits and a mindset that put value on your health well being and organized life This guidebook is going to help you declutter your life so that you can spend more time doing the things that you love and less time cleaning up items that you never actually use Grab your copy today and learn What is minimalism and why is it preferable to the consumerist world we live in now How to get started with decluttering in your life The top reasons people don t already implement decluttering in their lives The different methods that you can use with decluttering to get results Releasing Old Negative Beliefs That No Longer Serve You Step By Step Instructions To Help You Take Your Life From Cluttered To Growth And Improvement Life Changing Decluttering Methods That You ll Actually Want To Try And much more When you are ready to finally get rid of the mess in your home and your mind then this is the guidebook for you With all this you will not go wrong by purchasing this book and learning the tips and techniques within What have you got to lose Only that clutter and stress If you want to discover how easy and life changing decluttering can be don t wait any longer Scroll up and click the buy now button to get this amazing guidebook today

Declutter Your Mind S. J. Scott,Barrie

Davenport,2022-04-20 How to Stop Worrying Relieve Anxiety and Eliminate Negative Thinking Feel overwhelmed by your thoughts Struggling with anxiety about your daily tasks Or do you want to stop worrying about life The truth is we all experience the occasional negative thought But if you always feel overwhelmed then you need to closely examine how these thoughts are negatively impacting your lifestyle Declutter Your Mind details the habits actions and mindsets you can use to clean up the mental clutter that might be holding you back from being more focussed and mindful Authors show how to change a specific aspect of your life that might be causing you to feel stressed or overwhelmed It is written for anyone who recognises how their untamed thoughts are interfering with their focus productivity happiness and peace of mind This book is full of exercises that will have an immediate positive impact on your mindset Instead of just telling you to do something this book provides practical sciencebacked actions that can create real and lasting change if practiced regularly In his books S J SCOTT provides daily action plans for every area of your life health fitness work and personal relationships Unlike other personal development guides his content focuses on talking action So instead of reading overhyped strategies that rarely work in the realworld you ll get information that can be immediately implemented BARRIE DAVENPORT is the founder of an awardwinning personal development site Live Bold and Bloom liveboldandbloom com She is a certified personal coach and online course creator helping people create happier richer more successful lives She is also the author of a series of selfimprovement books on positive habits life passion confidence building mindfulness and simplicity

[Declutter Your Mind](#)

Tiffany Adams,2019-12-03 If you feel that you have become your worst enemy feel stressed and panicked a lot then read on Do you feel pressured and demotivated every time you need to focus on something important Do you think that circumstances outside of your control or maybe some influential powerful people are always set against you Would you rather go to sleep forget about worries and responsibilities and just shut down instead of facing another day because your inner

critic just can't stop nagging you. We have all been there. But the truth is very simple although it's an amazing creation it's your brain working against you because it's heavily cluttered. Your brain works hard all day long. Even when you sleep it processes everything from the experiences you had during the day through past memories to future worries, plans, and tasks ahead. Add to that controlling every aspect of your physical body's wellbeing and you have a long list of requirements it needs to fulfill. An overworked brain can respond in unpredictable ways. It can cause you to panic, feel stressed, and unmotivated. It produces that little voice that criticizes everything you do, puts pressure on every single task at hand, and makes you worry. A study published in 2018 in *Neurology* has proven that chronic stress makes your brain shrink. The cause of all of that is very simple: it's mental clutter. In *Declutter Your Mind* you will discover: What are the 8 most common negative thought patterns and how to combat them. The 4 symptoms that if you manage well, your life will get better, let them be, and your health will deteriorate. The one and only thing a UCLA study found that is more addictive than cigarettes and alcohol. The first steps you should take to reduce the clutter in your mind. How being alone and focusing on yourself can lead to better mental organization. 5 ways in which becoming your own best friend can lead to a calm life filled with optimism you deserve. The best ways to identify beneficial and toxic relationships and the best methods of organizing them. How to maintain a peaceful, relaxed mind with 3 proven habits to stay confident and in control. And much more. Catch the issue before it becomes a problem. If left alone, it could cause serious repercussions in all areas of life. Even if for now it seems like you can handle the situation, you can peel yourself off the bed and cope with the stress and pressure; it can soon be too much to handle. Remember, chronic stress is a legitimate ailment. According to Mental Health Foundation, 74% of people have felt so stressed they have been overwhelmed or unable to cope. With the right techniques, empowerment, and mindfulness, you too will be able to make those issues a thing of the past. If you want to get rid of excessive stress and clutter that poisons your life, then check out this guidebook right now. *Declutter Your Mind: Achievement Pyramid*, 2025-08-25. *Declutter Your Mind and Live a Stress Free Life Today*. In a world full of noise, distraction, and endless to-do lists, mental clutter can leave you feeling overwhelmed, anxious, and drained. But peace of mind isn't out of reach; it starts with learning how to clear the chaos and focus on what truly matters. In *Declutter Your Mind*, part of the *Achievement Pyramid* series, you'll discover simple yet powerful techniques to calm your thoughts, reduce stress, and regain control of your life. Inside, you'll learn how to identify the hidden sources of mental clutter and worry, replace negative thought patterns with clarity and confidence, practice mindfulness, and simple daily rituals to stay present. Build habits that promote peace, focus, and emotional balance. Create a stress-free mindset to live with purpose and joy. Whether you're struggling with anxiety, constant overthinking, or the pressures of modern life, this book will guide you step by step toward a calmer, more intentional way of living. Take the first step today: declutter your mind, reduce stress, and unlock the peace you deserve. [Minimalism Reset](#) Zane H. Whitaker, 2025-11-02. Feeling mentally exhausted, emotionally overwhelmed, or physically surrounded by too much stuff? Your

clutter isn't just in your closet it's in your calendar your thoughts your digital life and your relationships Minimalism Reset is your blueprint to break free from the chaos simplify everything and reconnect with what truly brings you peace purpose and joy Whether you're new to minimalism or burned out by aesthetic only advice this book offers something deeper a total reset for your space your mind and your lifestyle Backed by behavioral psychology cognitive clarity and practical strategies Zane H Whitaker delivers a modern guide to simplifying life from the inside out In this empowering guide you'll learn how to Identify the hidden mental clutter draining your energy and focus Rewire your thinking to value peace over possessions Apply micro actions that create macro calm in your environment Let go of emotional hoarding and the guilt attached to your stuff Create minimalist routines that feel freeing not rigid Set healthy boundaries in relationships without guilt or drama Declutter your digital life to protect your attention and sanity Use time blocking and ideal day planning to reclaim your time Multiply joy and contentment through gratitude and intentional living If you're ready to stop drowning in distractions decision fatigue and digital noise and start living with clarity and calm Minimalism Reset is your path forward Let go of the noise Embrace the clarity Reset your life

MINIMALISM - Life Decluttering Laura Paulsen, 2018-02-05 About the book MINIMALISM Life Decluttering Throw ballast overboard liberated Minimalism Declutter your life home mind soul We live too fast rush through overfull days and there is always too much lying around But that could change Because In every one of us is the stuff of the time millionaire We ourselves are the ones who turn the clock because we are stuffing more and more into our everyday lives and that makes our precious time of life short We do not have too little time but too much to do In this way we ourselves bring the hectic pace into our lives which we want to avoid Never really get to the point and always thinking somewhere else A simple life with more success freedom happiness money love and time that's what we all want But in our modern performance oriented society however this simplicity often falls by the wayside consumption ownership and performance seem to be the more important values at least superficially Minimalism as a way of life refers to a way of living that enables everyone to concentrate on the essential things Minimalism can but does not have to cover all areas of life Whoever decides to want to live minimalistically usually does so very consciously The motives are almost always similar Pressure to perform and career constraints Too much stress at work in studies and in leisure time Excessive lifestyle body worship shopping and social media communication overtaxed by exaggeration and abundance Manipulation by the marketing industry social coercion to possess certain consumer goods Minimalism means self determination and self realization Do not let others or society dictate what a good and right life should look like Freeing yourself from black and white thinking reducing ownership and responsibilities to save time and money and have more energy for family friends hobbies and travel Start today by making the most of your life and building a positive mindset Becoming a MINIMALIST begins in the HEAD

Beyond Tidy Annmarie Brogan, Marie Limpert, 2020-06-16 The Top Ways to Declutter Organize and Get your Life Back in Place Are you overwhelmed by clutter and disorganization or are you already organized but want to take it to the next level Either way you

re in the right place Go beyond the tidying effects of Marie Kondo and other professional organizers Discover not only the best ways to declutter and organize but also how to create a positive growth mindset that will keep you motivated and solution focused Learn to plan for obstacles and stay resilient throughout the organizing process all while moving through it with self compassion and a newfound vision of what s possible Included in this easy to read handbook are sections that discuss pertinent topics such as Setting Manageable Goals Sorting Through Your Belongings Creating Associations Managing Your Space Finishing the Task Defining Different Types of Clutter And more Using eight simple but powerful principles coupled with the science of positive psychology the authors founders of Organize Me of NY LLC a New York based organization consulting company help you to declutter and organize effectively With an empowering and non judgmental approach they demonstrate how organization and disorganization impacts our home relationships quality of life and overall wellbeing With this guide you will discover how each principle saves you time money space and energy giving you more to spend on family and activities you love There are many reasons why people become disorganized and have cluttered spaces However none of them have to stop you from getting your home your office or any other aspect of your life sorted out and headed back in the right direction With these newfound skills you ll be empowered to go beyond tidy to create a home and life you love

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Organizing For Life Declutter Your Mind To Declutter Your World Introduction

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