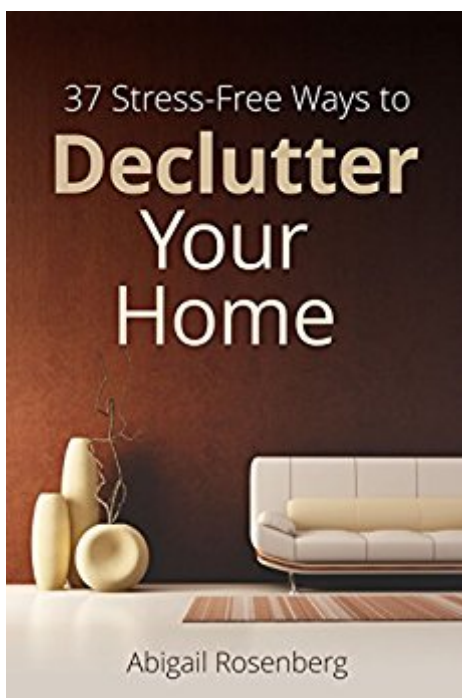


The book was found

# 37 Stress-Free Ways To Declutter Your Home



## Synopsis

Are you sick of feeling stressed, overwhelmed, and as if you're drowning in stuff? Do you wish you could finally rid your home of all that clutter? If you would like to declutter your home | and do it even if you feel completely overwhelmed and don't know where to begin | then this book will show you how. Let me ask you | Do you feel like you can't calm down or find peace when your home is so full of clutter? Do you feel as if all that clutter is constantly draining you of energy? Do you feel hopelessly overwhelmed and don't know where to begin? If so, this book is a death sentence for your clutter. Learn how to continue being messy | but have a clutter-free home.

(Seriously) Here's a little nibble of some of the clutter-killing strategies you'll find inside the book: How to be messy and toss things all over the place but still have a clutter-free home with no effort. (Sound impossible? It's not.) The easiest and most efficient method for sorting your clutter. The surprisingly simple secret to making the right decision when decluttering items you're not sure whether to throw out. And much more! If you're sick of being frustrated as hell by your clutter, *37 Stress-Free Ways to Declutter Your Home* is for you. Declutter your home and free your mind. Discover | The completely counterintuitive Japanese decluttering method that will upend everything you ever thought you knew about decluttering. A secret formula • discovered by a 19th-century Italian economist that will make decluttering your home twice as easy. (It's harsh on the clutter, but you'll feel so relieved.) How to have closets, desks, and cabinets that are completely organized. (Just imagine how much simpler life would be.) And much more! *37 Stress-Free Ways to Declutter Your Home* won't only banish your home of clutter, but you'll feel so much lighter and more relaxed. You'll be surprised by how much your mental state of mind is directly related to how decluttered your home is. To declutter your home once and for all, scroll up and click BUY. P.S. Get ready to have a home that relaxes you rather than stresses you.

## Book Information

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## Customer Reviews

a great book. "37 Stress-Free Ways to Declutter Your Home" shows one of the way to get rid of stress. Easy to read. A very useful book.

Love it.

In our family house there are many things that are unnecessary and useless. I really need help to in bringing order, but I do not know where to start. Tips in this book are excellent! For me, this book is a great help, because now I know how to overcome the problem of overcrowding with stuff. The book contains very practical advice, and it is for each recommendation!

Like virtually all folks, I (we...hubby and I) have over almost 30 years have clutter. I've retired, and have been slowly decluttering my stuff, some mutual stuff, and (for example) kitchen "stuffs" over time. This little book seems a more logical fit than those of the Japanese writers. I read the Konmari books on decluttering, and quite frankly, her books for me (and several friends had the same comment...) make the "project" assignments too big, and thus makes for many a non-starter!! I don't have kids, but knowing that day to day with them doesn't lend enough time to say,...clean a whole room! This book I like better as its author seems to realize that most do NOT want to spend all or most of their free time to decluttering, but instead breaks this task into smaller times and too areas! E.g., declutter a junk drawer, top of your dresser, bathroom closet etc. By example too, do you work full time -and- then clean the whole house on your day(s) off? No, you clean the bathroom, or just the shower, maybe dispatch mail....pay bills, advertising junk mail to recycle, shred items no

longer needed etc. This little book also makes common sense. Many of the authors methods I've been doing for years, but the "public areas" (living room, kitchen, guest bathroom) get more of the trickle clutter. Magazines left on the coffee table, slippers, socks etc....are areas that slowly creep up and become cluttered, or yup....MESSY. For a realistic and different perspective, this book should be a really good methodology of cleaning/decluttering. For some reason with me anyways....calling the declutter process for small targeted areas tends to get done when I use the word "clean" instead. I know, semantics.....:-)

I just read this book and came to know that what in my cluttered home pains me the most and how I can get rid of that. Although there are lots of sources out there to learn about how to declutter the home but this book gives you 37 stress free ways.

In our family house there are many things that are unnecessary and useless. I find it great and I feel that the tips are so effective. I am so much excited to follow those tips. In here, you can learn how to get started, make it fun and keep your home clutter free. This book has presented some ways of that can really work if you appropriate follow that way to make your home more disciplined.

I bought this book before beginning repairs in my house. The book contains a sufficient set of tips and tricks that will help you permanently rid your home of all this mess. The author explains that people in disarray feel much worse than tidy, clean room, and when the mess around a foul mood, and there is some discomfort. This book has helped me to understand how exactly the mess in the room may interfere with my well-being, comfort and happiness.

Excellent book, these days we are confronted with the stresses that are following us and we can not find peace. In this book there are many examples and tips, I like this book. I advise it to you!

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Decluttering: The Benefits and Art of Minimizing and Organizing (declutter, declutter your home, organization, cleaning, decluttering book, tidying up, declutter your life) Declutter Your Mind Now - 22 Simple Habits To Declutter Your Mind & Live A Happier, Healthier And Stress-Free Life: How To Eliminate Worry, Anxiety & ... A Richer Life (Decluttering Secrets Book 1) CLUTTER TO CLUTTER FREE: A Step by Step Guide on How to Organize and Get Rid of Clutter For a

Stress-Free Life and Home (Home Organization, Hoarding, Declutter, Clutter free living with Kids)  
37 Stress-Free Ways to Declutter Your Home Declutter: Rediscovering your home. Declutter at once.: Getting the Maximum Use of Every Room. Minimalism: Declutter Your Mind, Declutter Your Life 10-Minute Declutter: The Stress-Free Habit for Simplifying Your Home Living Simple, Free & Happy: How to Simplify, Declutter Your Home, and Reduce Stress, Debt & Waste Debt Free for Life: The Ultimate Guide to Get Out of Debt (FREE Bonuses Included) (Debt, Debt Free, Debt Free Forever, Debt Free for Life, Debt Free for Good, Debt Management, Get Out of Debt) Allergy-free Desserts: Gluten-free, Dairy-free, Egg-free, Soy-free, and Nut-free Delights Anxiety - 220 Stress Free Cures: 120 Simple Ways to Reduce Stress in Your Life & 100 Powerful Quotes Less Mess Less Stress: Minimalist Routines To Declutter Your Environment, Unload Your Mind And Optimize Your Day Less Mess Less Stress: Minimalist Techniques to Declutter Your Environment, Unload Your Mind and Optimize Your Day TIDYING UP: ORGANIZE & DECLUTTER 10 MINUTE CLEANING HABIT:SIMPLE STRESS-FREE HABIT TO SPARK JOY WHEN YOU TIDY UP Gluten Free: Gluten Free Diet for Beginners: Create Your Gluten Free Lifestyle for Vibrant Health, Wellness & Weight Loss (Gluten-Free Diet, Celiac Disease, Wheat Free, Cookbook Book 1) Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways) How to Avoid Home Remodeling Hell: Your Stress Free Blueprint to New Home Construction or Home Remodeling Success DIY Household Hacks for Beginners: DIY Hacks For Cleaning And Organizing, Increased Productivity, Declutter your Home (DIY Home Improvements, DIY Household ... And Organizing, Increase Productivity) The Healthy Gluten-Free Life: 200 Delicious Gluten-Free, Dairy-Free, Soy-Free and Egg-Free Recipes!

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