

**ANAÏS NIN**

To change skins,  
evolve into new cycles,  
I feel one has to learn to discard.

If one changes internally,  
one should not continue  
to live with the same objects.

They reflect one's mind  
and the psyche of yesterday.

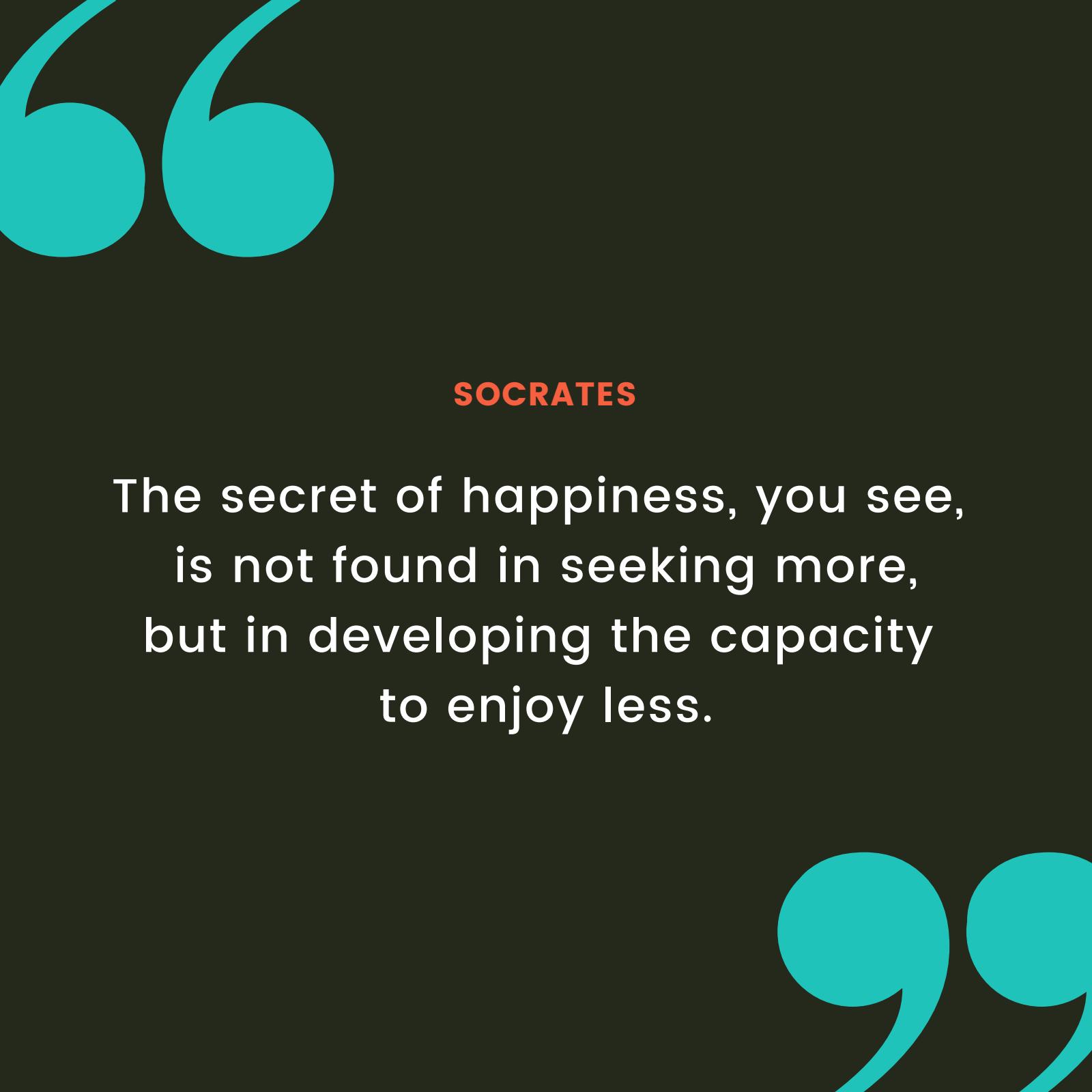
I throw away what has  
no dynamic, living use.

“

WILLIAM MORRIS

”

Have nothing in your houses  
that you do not  
know to be useful or believe  
to be beautiful.



**SOCRATES**

The secret of happiness, you see,  
is not found in seeking more,  
but in developing the capacity  
to enjoy less.

**HANS HOFMANN**

The ability to simplify  
means to eliminate  
the unnecessary  
so that the necessary  
may speak.

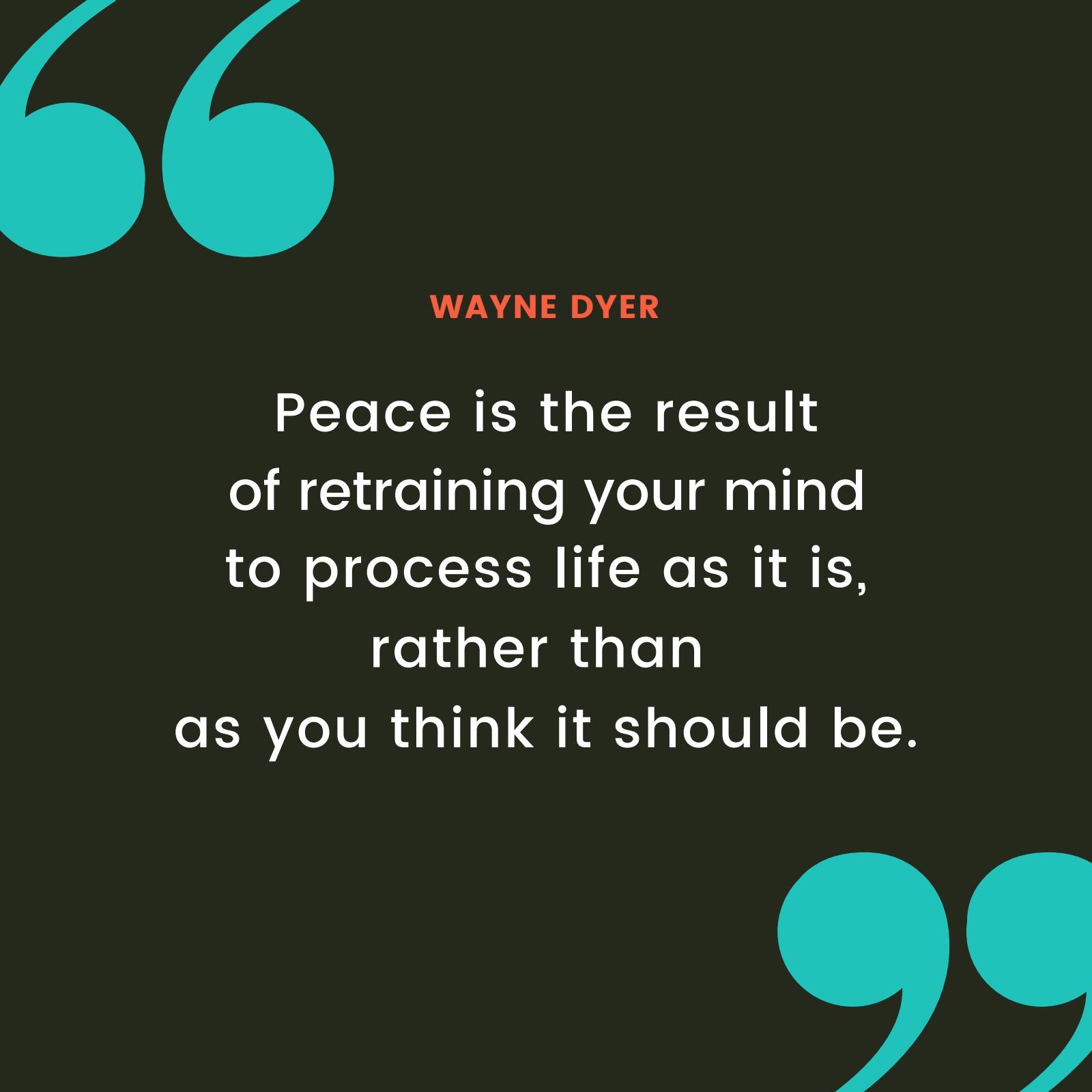


**OSCAR WILDE**

Simple pleasures  
are the last healthy refuge  
in a complex world.

**EDWIN WAY TEALE**

Reduce the complexity of life  
by eliminating  
the needless wants of life,  
and the labors of life  
reduce themselves.



**WAYNE DYER**

Peace is the result  
of retraining your mind  
to process life as it is,  
rather than  
as you think it should be.

**BRENE BROWN**

Authenticity  
is a collection of choices  
that we have to make every day.

It's about the choice  
to show up and be real.

The choice to be honest.

The choice to let our true selves be seen.



**BOB GOFF**

Quit letting who you were  
talk you out of  
who you are becoming.

“**ART BUCHWALD**

The best things in life  
aren't things.

”



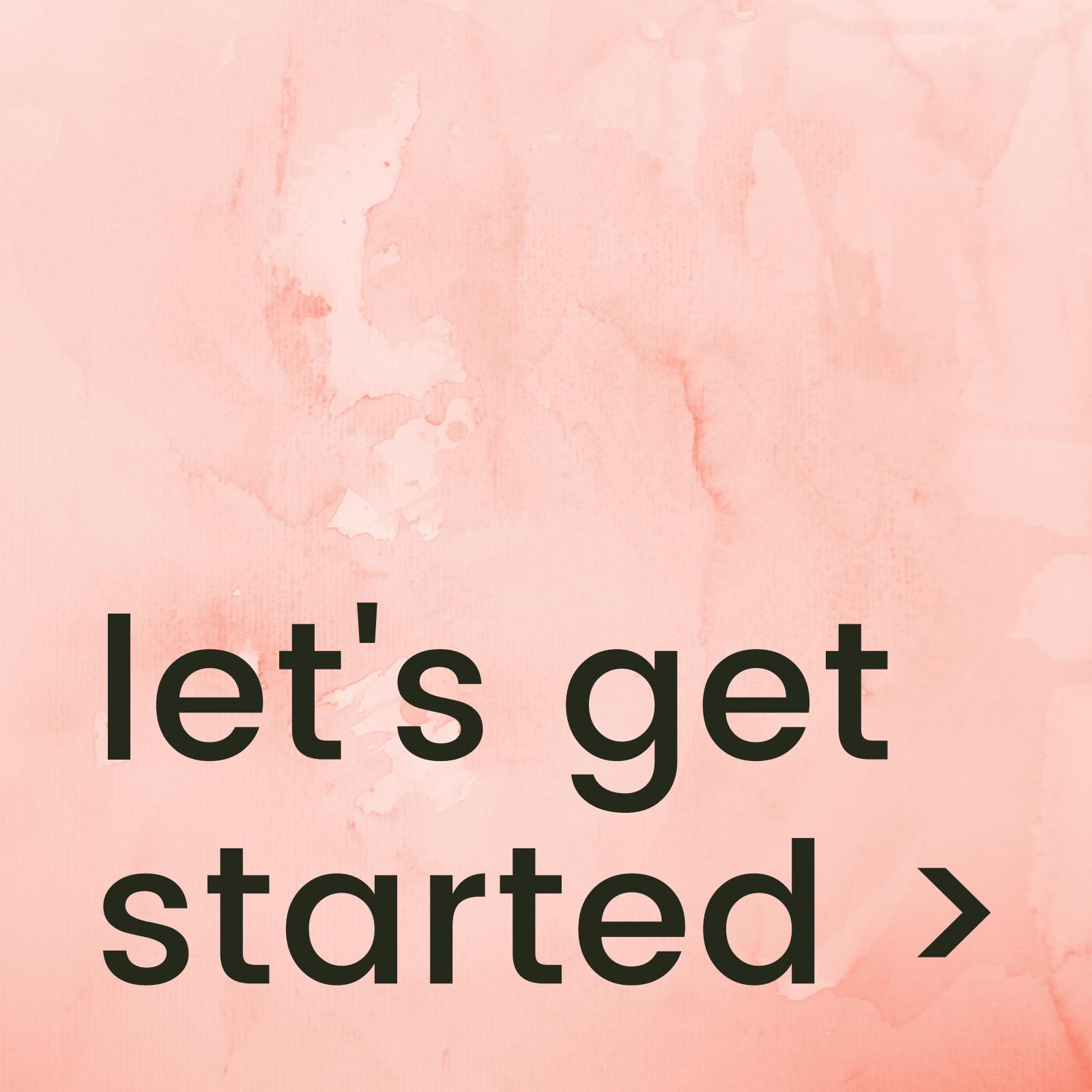
**ARTHUR ASHE**

Start where you are.  
Use what you have.  
Do what you can.

less  
clutter

lower  
stress

fewer  
shoulds



**let's get  
started >**

**you are enough  
you have enough**

less  
hustle  
more  
heart

# 7 ways to lower your anxiety naturally





# **10 practices for saying no**



**how to create  
a wardrobe you love**

# your personal bill of rights

**25 permission slips to be true to yourself**

"Am I good  
enough?"

A photograph of a bride and groom in a rural setting. The bride is wearing a white sleeveless gown and the groom is in a dark suit with a red tie. They are standing near a rustic wooden fence with barbed wire, with rolling green hills and a large tree in the background.

# how to plan a wedding on a budget



**how to prevent clutter  
before it happens**

# how to make your salad taste good



# 3 household cleaners you can make at home





# How to encourage someone to work with an organizer



how to spring clean  
your pantry

**BEFORE  
& AFTER**

results

# KIND WORDS

testimonials

# FAQS

process & pricing  
guidelines

Need help  
organizing  
your home?

**LET'S GET STARTED >**

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FREE

GUIDE

TO DECLUTTERING IN 15 MINUTES

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**Space Organized Simply**

