



## When Organizing Isn't Enough SHED Your Stuff, Change Your Life

By Julie Morgenstern

Tantor. No binding. Book Condition: New. Audio CD. Dimensions: 6.6in. x 5.8in. x 1.2in. Are you eager to make a change but unsure what's next? Organizing works when you know where you're going but don't know how to get there. But sometimes organizing isn't enough. When you're eager to make a change in your life but are unsure of your new destination, you need to SHED. Expert organizer and New York Times bestselling author Julie Morgenstern has developed the four-step SHED plan to help you get unstuck from the defunct, obsolete objects and obligations preventing you from living a richer, more meaningful life. SHED picks up where other organizing processes leave off, helping you purge the physical and behavioral clutter holding you back so you can finally create real change in your life. But it's not just about throwing things away! The SHED process is more about what comes before and after you leave the clutter so that the changes you make really stick in the long term. The SHED plan involves four key steps: Separate the treasures, What is truly worth hanging on to, Heave the trash, What's weighing you down, Embrace your identity, Who are you without all your stuff, Drive yourself forward, Which...



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### Reviews

*If you need to add benefit, a must buy book. It really is written in straightforward words and phrases and not confusing. You will not feel monotony at anytime of your respective time (that's what catalogues are for concerning if you ask me).*

-- **Dr. Celestino Treutel**

*Simply no phrases to describe. It is actually really interesting through reading time period. Your lifestyle period will probably be transformed the instant you complete reading this article book.*

-- **Rowland Bauch**

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Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. This book is about my cousin, Billy a guy who taught me a lot over the years and who can teach you a lot. Everyone who...



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### **Too Old for Motor Racing: A Short Story in Case I Didn't Live Long Enough to Finish Writing a Longer One**

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### **Molly on the Shore, BFMS 1 Study score**

Petrucci Library Press. Paperback. Book Condition: New. Paperback. 26 pages. Dimensions: 9.7in. x 6.9in. x 0.3in. Percy Grainger, like his contemporary Bela Bartok, was intensely interested in folk music and became a member of the English Folk-Song Society soon after his arrival in...



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Pinata Books. Paperback. Book Condition: New. Paperback. 178 pages. Dimensions: 8.3in. x 5.4in. x 0.6in. First ever Spanish-language edition of the critically acclaimed collection of short stories for young adults by a master of Latino literature. Were all walking stars, the eighty-four year...