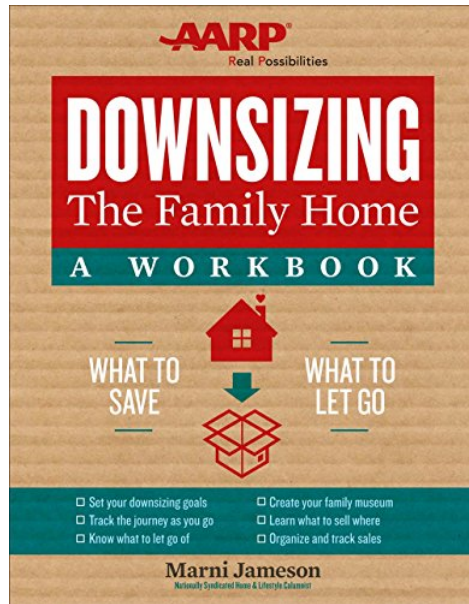


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Building on the award-winning *Downsizing the Family Home*, this guide—part journal, part workbook, part scrapbook—gently walks downsizers through their profound journey. It's just stuff! Maybe so, but sorting through it all and quieting the emotions that downsizing stirs up is difficult—whether you're going through your own or your parents' home. This indispensable workbook provides valuable advice and how-to checklists along with a place to reflect, record, and retain an important piece of family history, even as you let go. Nationally syndicated columnist Marni Jameson covers these topics, and more: Nostalgia: Memories—not things—matter. Learn to let go of the guilt and sadness that downsizing awakens as you sort through the feelings along with the stuff. Endow: Discover why you cling to possessions, and find the freedom to move on to the next chapter in your life. Downsize: Roll up your sleeves and dive in! Figure out what to toss, sell, donate, and keep, all while maintaining harmony in the family. Keepsakes: Save just enough to keep warm memories alive without creating clutter. Readers can easily apply the tips and takeaways they'll learn here as they clear, sort, sell, save . . . and chronicle.

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