

[Free PDF File] Unstuff Your Life: Kick the Clutter Habit and Completely Organize Your Life for Good



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One of the country's most sought-after professional organizers here makes his foolproof rescue plan available for everyone. Arguably the most organized man in America, Andrew J. Mellen has created unique, lasting techniques for streamlined living, bringing order out of chaos for a client list that includes attorneys, filmmakers, and even psychologists. With *Unstuff Your Life!* he puts his powerful program in the hands of his widest audience yet. Acknowledging that it's often the "stuff behind the stuff" that holds people back, Mellen offers an action-based plan to redirect clutterers from dwelling on their feelings. This simple shift yields immediate results that will help everyone achieve organizational bliss. Mellen's mix of humor, honesty, tough love, and foolproof strategies will motivate listeners to work through their feelings and make real behavior changes that will have long-lasting effects. Written in Mellen's signature no-nonsense yet hilarious tone, *Unstuff Your Life!* brims with personality, along with approaches not found in other organizing books. Built on the principle that we must distinguish ourselves from our possessions, *Unstuff Your Life!* starts with truly achievable goals and works toward the nightmare projects everyone tries hard to avoid. From the basement to the bedroom, the kitchen to the car, and more, listeners will learn: The result is absolute freedom from the

burden of clutter - and more free time than you ever imagined possible. Please note: Lists and worksheets mentioned in the audio can be downloaded from andrewmellen.com/uyl-downloads/.DISCLAIMER: "We cannot guarantee the availability of this ebook on an external site."

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