

qUI9J [Download] Decluttering at the Speed of Life: Winning Your Never-Ending Battle with Stuff

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You don't have to live overwhelmed by stuff - you can get rid of clutter for good! While the world seems to be in love with the idea of tiny houses and minimalism, real women with real families who are constantly growing and changing simply can't purge it all and start from nothing. Yet a home with too much stuff is a home that is difficult to maintain, so where do we begin? Add in paralyzing emotional attachments and constant life challenges, and it can feel almost impossible to make real decluttering progress. In *Decluttering at the Speed of Life*, decluttering expert and author Dana White identifies the mind-sets and emotional challenges that make it difficult to declutter. Then, in her signature humorous approach, she provides workable solutions to break through these struggles and get clutter out - for good! But more than simply offering strategies, Dana dives deep into how to implement them, no matter the listener's clutter level or emotional resistance to decluttering. She helps identify procrasticlutter - the stuff that will get done eventually so it doesn't seem urgent - as well as how to make progress when there's no time to declutter. Sections of the book include: Why You Need This Book (You Know Why) Your Unique Home Decluttering in the Midst of Real Life Change Your Mind, Change Your Home Breaking Through Your Decluttering Delusions Working It Out Room by Room Helping Others Declutter Real Life Goes On (and On) As long as we're living and breathing, new clutter will appear. The good news is that decluttering can get easier, become more natural, and require significantly fewer hours, less emotional bandwidth, and little to no sweat to keep going.

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