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# One Thing At A Time: 100 Simple Ways To Live Clutter-Free Every Day



## Synopsis

Simple, effective ways to put things in their placeThose piles of papers, clothes, and other things you thought you'd successfully de-cluttered have returned, and this time they brought friends. What's the use of trying to fight the clutter? Is there a better way?This powerful and useful guide delivers solutions that work, no matter how overwhelmed you feel. The answer isn't an elaborate new system, or a solemn vow to start tomorrow. Instead, psychotherapist and organizer Cindy Glovinsky shares 100 simple strategies for tackling the problem the way it grows--one thing at a time. Here's a sampling of the tips explained in the book: \*Declare a fix-it day\*Purge deep storage areas first \*Label it so you can read it\*Get a great letter opener\*Practice toy population planning \*Leave it neater than you found itWritten in short takes and with a supportive tone, this is an essential, refreshing book that helps turn a hopeless struggle into a manageable part of life, one thing at a time.

## Book Information

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## Customer Reviews

“Glovinsky is a compassionate, talented organizer who understands the root causes of people's clutter woes. This is a really helpful book.” Judith Kolberg, author of Conquering Chronic Disorganization and co-author of ADD-Friendly Ways to Organize on Making Peace with the Things in Your LifeYour Life“Glovinsky asks readers to examine the underlying psychological issues that they have with things....She takes Julie Morgenstern's Organizing from the Inside Out to the next level.” Library Journal on Making Peace

## with the Things in Your Life

Praise for Making Peace with the Things in Your Life "Glovinsky is a compassionate, talented organizer who understands the root causes of people's clutter woes. This is a really helpful book." - Judith Kolberg, author of Conquering Chronic Disorganization and co-author of ADD-Friendly Ways to Organize Your Life "Glovinsky asks readers to examine the underlying psychological issues that they have with things....She takes Julie Morgenstern's Organizing from the Inside Out to the next level." - Library Journal

Cindy Glovinsky provides a step-by-step process to keep your home (and life) organized in a fun and easy way. Your new habits are easy to remember, making them easy to incorporate into your daily activities. I journalled and wrote my thoughts on each of the 100 habits, taking about three days, to digest each of her suggestions. While these nuggets of organization may not be novel, the way that each habit gradually built upon the next made this approach a naturally fun and creative process for me. At the end of 12 months of incorporating her methods and my individual sense of style, my home is efficient, expressive, and comfortable. I heartily recommend this book to those who are challenged in organizing and maintaining a house that is indeed a home.

I bought this book in 2005, and have read it about once a year since then. My latest reading showed me how much I have really internalized many of the suggestions. My life is much less cluttered. I have learned routines for clearing out clutter, for filing, for encouraging myself to tackle projects. The most helpful feature of each section of this book is her understanding of the mental blocks we can put up for ourselves, and suggestions for working past them. For example, sometimes I don't even realize that I am uncomfortable working in a room, and all I need to do is turn on a heater or take off a sweater or put more light in the room. Or I may procrastinate on one particular area, until I ask myself what is really stopping me. Indecision? Sentimentality? Something else? After I think more deeply, I can go ahead. For me, this has been just what I needed. I am no longer overwhelmed!

I have purchased countless books and read lots of magazine articles about organizing. None of them worked. My problem wasn't what to do but how to do it. Finally I know. She has made it so clear for me I couldn't wait to get started. After years of paper and book piles and lots of frustration and time lost looking for things, I can finally say with pride that I am getting organized. I highly recommend this book.

I have read many more comprehensive organizing and clutter books, but the simplicity of this one probably makes it the most effective. Out of the 100 Tips, almost anyone who struggles with clutter and organization should find at least a few that will work for you and make your life better.

I choose this book because I am a hoarder and everything just started to pile up, and I read this book and posted the some of the tips and it has changed my life.

This book is written in a series of very short chapters (most 3 pages or less). The author advises that you scan for chapter titles that might be helpful to you, take a quick read-through, and work on them one at a time. This book is practical, engaging, and easy to use. I am actively putting thins woman's suggestions to use in my life, and I like the results. Highly recommended. Nice use of humor about our common human failings.

This arrived today and is just what I always needed!!! I tend to try to do everything at once..and become so overwhelmed I stop...this is going to be my answer to getting organized !!!!!

This book has helped my mindset when it comes to getting organized. Nice bite-sized chapters that you focus on slowly. It's changed my living space and stress level greatly. Love!

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