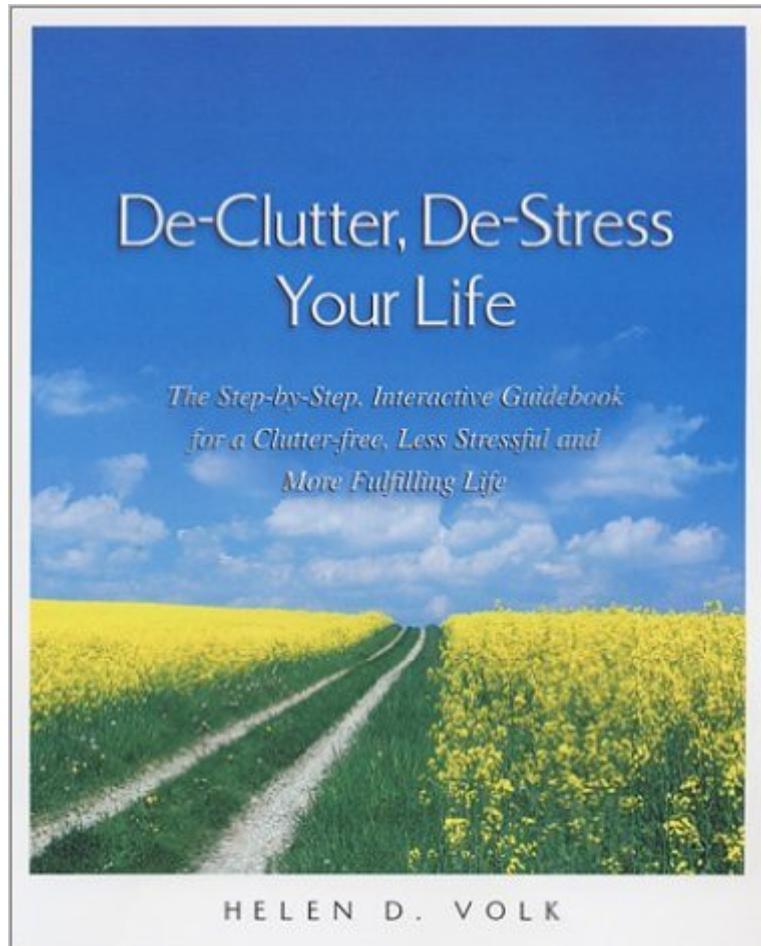


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# De-Clutter, De-Stress Your Life



## Synopsis

De-Clutter, De-Stress Your Life is a step-by-step, interactive guidebook for a clutter-free, less stressful and more fulfilling life. With straightforward discussions, practical reader exercises, and continuing encouragement, this workbook eases you into the process of clutter control and stays with you until you are free from possession by your possessions.

## Book Information

Paperback: 142 pages

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Average Customer Review: 4.5 out of 5 starsÂ  [See all reviewsÂ \(6 customer reviews\)](#)

Best Sellers Rank: #832,538 in Books (See Top 100 in Books) #153 inÂ Books > Crafts, Hobbies & Home > Home Improvement & Design > How-to & Home Improvements > Power Tools #2058 inÂ Books > Self-Help > Stress Management #201307 inÂ Books > Reference

## Customer Reviews

As a busy mother of two, I find there is no time to relax and enjoy life. This book is about simplicity and the freedom you can gain from it. It's about paring down "things" and stop worrying about "things". It's step by step is easy to follow and you soon realize how much time you were wasting on the clutter in your house. Nothing makes me happier than walking into rooms once filled with old junk, drawers that wouldn't close because of old paperwork, or closets that I couldn't squeeze another shirt into and seeing an organized, easy to live-in space. It definitely helps lower stress levels.

Helen's book is succinct, offers clear guidelines describing how to get started with the decluttering process, and explores reasons that keep people stuck. The exercises keep you focussed on the project at hand, and decluttering is broken down into small steps so that it's less overwhelming.

There are a number of books that focus on how to de-clutter and become more organized. Some books address the psychological aspects of de-cluttering but they offer little in the way of helpful

strategies. Helen Volk's book offers the reader more than just helpful advice. Her book serves as a partner and coaches you through the de-cluttering process. She uses humor, support and practical guidance in order to help you to make progress in your de-cluttering efforts. If you're unable to attend her wonderful groups and workshops you can certainly benefit from this book and gain some valuable tools that are culled from her expertise and personal experience. I highly recommend this book to anyone who wants to learn how to let go of "stuff" that no longer serves you and experience greater peace of mind and a more organized physical environment. Debra Gugig-Bauer, CRC, CASAC President, CATALYSTS FOR CHANGE COUNSELING AND TRAINING ASSOCIATES

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