

The Little Book Of Tidying Declutter Your Home And Your Life Mbs Little Book Of

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The Little Book of Tidying: Declutter your home and your ...

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The Little Book of Tidying: Declutter your home and your ...

Dimensions: 148 x 104 x 12 mm. In this age of mass consumerism, we are "stuffocating"; becoming slaves to our possessions. By freeing ourselves from physical and mental clutter, and better managing our schedules, we can focus on what is truly important and discover more time, space and joy. Grounded in solid science and bursting with invaluable tools, activities and strategies, this little book will empower you to discard what you no longer need, regain control of your surroundings and ...

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In this age of mass consumerism, we are "stuffocating"; becoming slaves to our possessions. By freeing ourselves from physical and mental clutter, and better managing our schedules, we can focus on what is truly important and discover more time, space and joy. Grounded in solid science and bursting with invaluable tools, activities and strategies, this little book will empower you to discard ...

~~The Little Book of Tidying: Declutter your home and your ...~~

It's a coincidence that I read Marie Kondo's tidying up manga first before reading Beth Penn's little book. As the name suggests, the little book is very little that you are guaranteed to finish it in under an hour, or under 2 hours if you are reading it very slowly. The book provides you with general information about decluttering and some tips, but I find it not as detailed as the tidying up expert Marie Kondo's The Life Changing Manga of Tidying Up, although both of them are equally light reads.

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We appreciate the impact a good book can have. We all like the idea of saving a bit of cash, so when we found out how many good quality used books are out there - we just had to let you know! The Little Book of Tidying: Declutter your home and your life (... by Penn, Beth 9781856753692 | eBay

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Beth Penn's Little Book of Tidying is a thoughtful mix of advice and activities designed to help declutter your home and your life. It's simple, easy to follow and can help you take the small, necessary steps to start cleaning out the unwanted extras you want to get rid of but feel attached to.

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The Life-Changing Magic of Tidying is the original book from Marie Kondo to help declutter your life. It details her simple, effective way to banish clutter forever, as demonstrated in her new major Netflix series - Tidying Up with Marie Kondo. Spark Joy, can also be bought separately and is an illustrated guide to her method.

~~The Life-Changing Magic of Tidying: A simple, effective ...~~

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The irony is that this book is for hoarders but hoarders would never pick up this book. Or even if they pick it up, they would just pick it up to hoard it and not to read it. Or to read it and never follow through it.

~~Amazon.com: The Life Changing Magic of Tidying Up: The ...~~

The Little Book of Tidying : Declutter your home and your life. In this age of mass consumerism, we are "stuffocating"; becoming slaves to our possessions. By freeing ourselves from physical and mental clutter, and better managing our schedules, we ...

~~The Little Book of Tidying : Declutter your home and your ...~~

This was a very useful and quite inspiring little book. So well worth buying. A lot of tidying and decluttering is just common sense of course. But if you need a bit of extra motivation this book gives it without overcomplicating things and waffle.

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Buy The Little Book of Tidying: Declutter your home and your life By Beth Penn (Author). Available in used condition with free delivery in the UK. ISBN: 9781856753692. ISBN-10: 1856753697

In this age of mass consumerism, we are "stuffocating"; becoming slaves to our possessions. By freeing ourselves from physical and mental clutter, and better managing our schedules, we can focus on what is truly important and discover more time, space and joy. Grounded in solid science and bursting with invaluable tools, activities and strategies, this little book will empower you to discard what you no longer need, regain control of your surroundings and create a happier and more fulfilling life.

"Be careless in your dress if you must, but keep a tidy soul." - Mark Twain Do you often feel like you're drowning in your to-do lists, or becoming overwhelmed by the number of possessions you own? Tidying presents opportunities, to not only transform the spaces around us, but also to free the mind of daily stresses. This inspirational book simplifies the art of tidying, and reveals the benefits you will experience from getting yourself in order. Negative thoughts can hold us back from living the life we want to lead; consumed with worry, we often seek comfort in surrounding ourselves with stuff. Clean up your act, rid yourself of mental clutter, and gain control through motivating quotes, practical tips, and simple exercises. The Little Book of Tidiness will teach you how to make the most of less.

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#1 NEW YORK TIMES BESTSELLER • The book that sparked a revolution and inspired the hit Netflix series *Tidying Up with Marie Kondo*: the original guide to decluttering your home once and for all. **ONE OF THE MOST INFLUENTIAL BOOKS OF THE DECADE**—CNN Despite constant efforts to declutter your home, do papers still accumulate like snowdrifts and clothes pile up like a tangled mess of noodles? Japanese cleaning consultant Marie Kondo takes tidying to a whole new level, promising that if you properly simplify and organize your home once, you 'll never have to do it again. Most methods advocate a room-by-room or little-by-little approach, which doom you to pick away at your piles of stuff forever. The KonMari Method, with its revolutionary category-by-category system, leads to lasting results. In fact, none of Kondo 's clients have lapsed (and she still has a three-month waiting list). With detailed guidance for determining which items in your house “spark joy” (and which don 't), this international bestseller will help you clear your clutter and enjoy the unique magic of a tidy home—and the calm, motivated mindset it can inspire.

The Top Ways to Declutter, Organize, and Get your Life Back in Place! Are you overwhelmed by clutter and disorganization, or are you already organized but want to take it to the “next level?” Either way, you 're in the right place! Go beyond the tidying effects of Marie Kondo and other professional organizers. Discover not only the best ways to declutter and organize, but also how to create a positive growth mindset that will keep you motivated and solution-focused. Learn to plan for obstacles and stay resilient throughout the organizing process, all while moving through it with self-compassion and a newfound vision of what 's possible. Included in this easy-to-read handbook are sections that discuss pertinent topics such as: Setting Manageable Goals Sorting Through Your Belongings Creating Associations Managing Your Space Finishing the Task! Defining Different Types of Clutter And more! Using eight simple but powerful principles coupled with the science of positive psychology, the authors, founders of Organize Me! of NY, LLC, a New York-based organization consulting company, help you to declutter and organize effectively. With an empowering and non-judgmental approach, they demonstrate how organization (and disorganization) impacts our home, relationships, quality of life and overall wellbeing. With this guide, you will discover how each principle saves you time, money, space and energy, giving you more to spend on family and activities you love. There are many reasons why people become disorganized and have cluttered spaces. However, none of them have to stop you from getting your home, your office, or any other aspect of your life sorted out and headed back in the right direction. With these newfound skills, you 'll be empowered to go “beyond tidy” to create a home and life you love!

Even you can get your sh*t together! Tidy the F*ck Up is a funny, down-to-earth parody of Marie Kondo 's *The Life-Changing Magic of Tidying Up*, where you 'll be handed the most useful tools for keeping your crap clean and organized without all the pressure. In this book, you 'll discover useful ways to figure out what to do with your sh*tpiles in an approachable, care-free way, and you 'll say farewell to the hair-pulling stress of marathon cleaning. Tossing all your junk in a closet doesn 't make it any less of a clusterf*ck, but approaching it little by little and making use of some helpful hints can do a world of wonders for all your sh*t, the comfort of your space, and your general sanity. With this hilarious guide, you 'll learn how to: Become a decision-making bad*ss Get rid of the sh*t you don 't need and keep the sh*t you do Live life after a clusterf*ck! And more! With a lighthearted tone that the finest sailors would admire, *Tidy the F*ck Up* will help you make your house a f*cking home.

International tidying superstar and New York Times bestselling author Marie Kondo brings her unique method to young readers in this charming story

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about how tidying up creates space for joy in all parts of your life, co-written and illustrated by beloved children ' s book veteran Salina Yoon. The KonMari Method inspires a charming friendship story that is sure to spark joy! Kiki and Jax are best friends, but they couldn ' t be more different. The one thing they always agree on is how much fun they have together. But when things start to get in the way, can they make space for what has always sparked joy—each other?

Declutter your desk and brighten up your business with this transformative guide from an organizational psychologist and the #1 New York Times bestselling author of *The Life-Changing Magic of Tidying Up*. The workplace is a magnet for clutter and mess. Who hasn't felt drained by wasteful meetings, disorganized papers, endless emails, and unnecessary tasks? These are the modern-day hazards of working, and they can slowly drain the joy from work, limit our chances of career progress, and undermine our well-being. There is another way. In *Joy at Work*, bestselling author and Netflix star Marie Kondo and Rice University business professor Scott Sonenshein offer stories, studies, and strategies to help you eliminate clutter and make space for work that really matters. Using the world-renowned KonMari Method and cutting-edge research, *Joy at Work* will help you overcome the challenges of workplace mess and enjoy the productivity, success, and happiness that come with a tidy desk and mind.

Pete the badger learns that being tidy isn ' t always the best thing in this save-the-environment picture book from award-winning author and illustrator Emily Gravett. Pete the badger likes everything to be neat and tidy at all times, but what starts as the collecting of one fallen leaf escalates quickly and ends with the complete destruction of the forest. Will Pete realize the error of his ways and reverse his tidying habit?

A comprehensive guide to small-space secrets and real-life solutions for living in 1,200 square feet or less. *The Little Book of Living Small* shows readers how to make the most of limited square footage—with grace and style—and serves as the cheerleader readers need to help themselves feel satisfied and proud of their choice to live with less. In addition to exploring both the motivation behind choosing to live in a small space, as well as the practical, everyday advice for managing a tight footprint, *The Little Book of Living Small* also includes case studies: 12 style-savvy, small-space dwellers open their doors and share their design secrets. Author Laura Fenton covers a range of homes including studio apartments, one- and two-bedroom houses, a tiny house, a co-living space, and even whole houses. Stylistically these homes range from urban, rural, minimalist, and country, with the unifying thread that they are all real homes of less than 1,200 square feet that offer clever solutions that readers can use in their own homes. Laura Fenton is the lifestyle director at *Parents* magazine. With more than fifteen years of experience, her work has appeared in major publications including *Better Homes & Gardens*, *Country Living*, *Good Housekeeping*, and on leading home websites including *Remodelista.com*, *HGTV.com*, *ElleDecor.com*, *HouseBeautiful.com*, *Refinery29*, and elsewhere. Through her writing she has explored the topic of living small for more than a decade. She lives small with her husband, a photographer, and their son in Jackson Heights, Queens, in New York.

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