



## **Declutter Your Life: Reduce Stress, Increase Productivity, and Enjoy Your Clutter-Free Life**

*Michelle Stewart*

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## **Declutter Your Life: Reduce Stress, Increase Productivity, and Enjoy Your Clutter-Free Life** Michelle Stewart

Whether the piles of stuff in your dining and bedroom areas are beginning to drive you crazy, or you need to make some changes to your office space, this book can help. If you are tired all the time because you never have a minute to yourself, or racing thoughts about what you need to do the next day are keeping you awake at night, this book can help. From dealing with social situations and managing your calendar, to learning to relax and reduce mental stress, Michelle Stewart walks the reader through actionable steps toward a more organized, low-stress life. With information on how to get the entire family involved in decluttering, this is the perfect manual for living a clutter-free life.

## **Declutter Your Life: Reduce Stress, Increase Productivity, and Enjoy Your Clutter-Free Life Details**

Date : Published September 12th 2012 by Unique Vision Press

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Author : Michelle Stewart

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## **From Reader Review Declutter Your Life: Reduce Stress, Increase Productivity, and Enjoy Your Clutter-Free Life for online ebook**

### **Maui Rochell says**

My second time to read a book about Decluttering Stuff. But this book although, short is very concise and not only it dealt with the physical clutters inside our house. The author also shared ideas about mental and emotional declutter and tips how on how to deal with them.

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### **Therese says**

I hate clutter. I hate to waste things, and yet I like to buy in bulk. I like to save money. I am fearful of becoming a hoarder and am looking always keep things simple and simplified. And yet I don't want to live in an empty house. Therefore I am looking for my happy medium and when a book like this shows up, I snatch it because the price is right and it takes up no space.

That being said, I really didn't find any new ideas that I could implement, but I appreciated the author addressing the drawbacks of clutter, including physical, mental, and of course financial, not to mention social. Get to the root of the problem first otherwise continue to repeat collecting stuff.

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### **Laura says**

#### **Good for those who are truly unorganized**

this book isn't great if you already have some organizational tools in your back pocket. It suggests ideas such as: share a calendar, start with one room at a time, etc. Pretty basic, but good if you need those basic ideas to start being organized.

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### **dominique says**

#### **It was a great book to help get you motivatedon declutter.**

I liked this book I choose the rating of a four because it left and open ending. This book is great to help you get started with process of decluttering you life and space. She gives great pointers are getting startedand briefly how to keep it that way I recommend this book to any o e starting a new journey in there life, wheather it be a break up, new job, new baby, stress, or just a change of place please read this book.

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### **Trudy Kelly says**

## **Loved**

Great book. I recommend. ... a.. s.. a... qqq www aaa Ddd bb uhh hajj I'm y l h n m y

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## **Lubna says**

I thought Stewart's advice was very useful ! The amount of time wasted on Facebook everyday is tremendous ! If facebook tim is limited it could save alot of time each day ! And her advice on decluttering your home is very important as well , I keep alot of junk around the house that I could never get myself to give away ...

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## **Joan says**

I noticed that several reviewers mentioned how short this book is. I borrowed it on my Kindle and read through it in one sitting. I liked the length; I wasn't looking for a long book. I found several useful tips in it. I would recommend it to a young person just wading into the home decorating stage of life. There are many helpful suggestions for shopping, decorating and decluttering. Even though I've been doing many of these things already, I found the book encouraging and learned a few new tricks. One thing I really appreciated was the helpful tone used by the author. Keeping a home de-cluttered and tastefully decorated on a budget takes effort. Many of us need 'permission' to experiment and try new things. That's the message I got from the book. The author obviously knows what she's talking about. I plan to read her book on living frugally, even though that may be a hopeless goal for me!

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## **Brie Palmer says**

### **Short, nothing new**

This book is a fairly basic explanation of tips for decluttering multiple areas of one's life. It's very short but information is tightly packed. It may not be valuable for people who are more seasoned in decluttering, but it could be very helpful for beginners.

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## **Stef says**

Excellent book filled with great ways to organize your life and home and mind. How to say "NO" sometimes and not having to be everywhere . . take time for yourself. would recommend this book. read on my kindle. Reread in 2013 and 2014.

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## **Steve Campbell says**

This is a very short, basic look at decluttering one's life. In a brief space, the author tackles physical clutter at home and in the workplace, mental clutter, social clutter, media clutter, and social media clutter. I found her tips on controlling social, media, and social media clutter to be the most helpful. She also had a few tips for controlling physical clutter that I haven't yet read elsewhere. I'm sure there are other books that go into more detail, but this is well-written and gives some food for thought.

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### **Christine says**

All of the suggestions in this book are applicable and useful. However, the book is short and these ideas could be covered in a few blog posts, thereby reaching more people. For a detailed book that discusses clutter, see Karen Kingston's book, "Clear Your Clutter with Feng Shui." Even if you do not read the Feng shui chapters, it is an invaluable book. A second suggestion would be Julie Morgenstern's books.

Te write has a good and engaging voice, as if she's speaking to a friend. However, there just isn't enough new information to justify reading this book.

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### **Holly says**

it was a good book. I was looking for ways to negotiate a happy medium between my way of living, that is simple, minimalist, but warm...and the person I was living with who tended to gather and require far more "things" to feel safe. It doesn't matter now, as that person left, and has gone back to the ex, so no need to negotiate anything anymore.

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### **Nina says**

A quick, motivating read, designed to nudge the reader in the right direction rather than provide a specific step-by-step plan.

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### **Charlotte says**

Well, the price was right for the book, but I can't say that I learned much from reading it. The author did give definitions of living with clutter and hoarding to explain the difference. For people first tackling the problem of clutter, the suggestions in the book would probably be very helpful.

As always, I can't help noticing subject/verb disagreements, typos, and misspelled words. I was surprised that so many of these errors could be packed into such a short book. I am still trying to figure out why the letter "d" was substituted for the letter "t" two times in the book. Once it was pocked for pocket; the other time it was closed for closet.

As I write this, I do feel a bit guilty of looking a gift horse in the mouth, but I am being truthful in my review.

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## **Kristine Hall says**

Meh. Part of what drew me to this book (besides that it was free for a limited time on Amazon) was that it was only 30 pages long. Great! Not only was I hoping to get some quick tips, but I wouldn't have to spend much time getting them.

Unfortunately, there just wasn't anything novel or eye-opening. I did think it was clever to categorize clutter into areas where we don't generally consider our lives cluttered (though we should): emotional clutter, social media clutter, electronic clutter. These are areas where many of us are overwhelmed, but the advice of "just cut back" is easier said than done, and Stewart didn't provide any real tools to do that kind of de-cluttering.

That didn't matter, really, as I had hoped for the tangible stuff -- help me with my attic or office or laundry room. The help is the same as we all know already, and which I'm no good at doing. Oh well, at least reading a book about decluttering is a step in the right direction.

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