

(Get free) Unstuff Your Life!: Kick the Clutter Habit and Completely Organize Your Life for Good

Unstuff Your Life!: Kick the Clutter Habit and Completely Organize Your Life for Good

Andrew J. Mellen

ePub | *DOC | audiobook | ebooks | Download PDF



DOWNLOAD



READ ONLINE

#176328 in eBooks 2010-07-22 2010-08-03 File Name: B003QMLBPM | File size: 39.Mb

Andrew J. Mellen : Unstuff Your Life!: Kick the Clutter Habit and Completely Organize Your Life for Good before purchasing it in order to gauge whether or not it would be worth my time, and all praised Unstuff Your Life!: Kick the Clutter Habit and Completely Organize Your Life for Good:

2 of 2 people found the following review helpful. Did not live up to my expectation but is a good starter. By Customer1 watched the author on a video. Liked what he had to say and how he responded to questions from the audience. I'm already pretty clutter free but feel there is always room for improvement and also thought to share the book with

family members who need a nudge. The book is less than I expected based on Andrew's live performance. It is a good start and offers some good ideas but didn't have the umph I had hoped for. If you are trying to start to declutter...this will be a good beginning.0 of 0 people found the following review helpful. Thoughtful, sensitive, AND practicalBy Ms. PEverything else I've ever read on this topic has always felt cold, practical maybe, but cold and also somehow unrealistic -- like I was left thinking, yeah that makes sense but I could never do it, maybe a robot could. In this book, Andrew Mellen talks about what's really happening when you deal with your stuff... the thoughts and feelings attached to things... and gives useful, followable instruction on how to acknowledge them and then complete the task in a very caring and human way. I'm left feeling inspired and motivated to free myself from all the stuff I don't need.0 of 0 people found the following review helpful. Help for the disorganizedBy AmyI bought this book a few years ago, read a few chapters then put it down because I wasn't ready to incorporate the teachings. I have slowly started incorporating his ideas and really like it. I am not an organized person, so this book offers clear guidance for me on how to get organized.

A professional organizer and life coach shows readers how to kick the clutter habit with his complete how-to guide to total organizationArguably the most organized man in America, sought-after coach Andrew J. Mellen has created unique, lasting techniques for streamlined living, bringing order out of chaos for the chronically overwhelmed everywhere. Acknowledging that it's often the "stuff behind the stuff" that holds people back, Mellen offers a surprisingly simple, yet effective solution in his step-by-step guide, guaranteed to help achieve organizational bliss for everyone from perpetual key-misplacers to hard-core hoarders.From basement to bedroom, kitchen to car, and into every corner of life, Mellen's system yields lasting results. Discover how to: Never lose your keys or wallet again Stop mail, magazine, and paper pileups for good Feel empowered to tackle bills and budgets Reclaim space and time once dominated by clutterBuilt on the principle that we must distinguish ourselves from our possessions, *Unstuff Your Life!* starts with truly achievable goals and works toward the nightmare projects everyone tries hard to avoid. With humor, honesty, tough love, and foolproof advice, Mellen makes it easy to finally let go and embrace the decluttered life.

From Publishers WeeklyLiving in chaos? Professional Organizer Mellen has written the book to help. At 400 pages, it's not for the faint of heart or the semi-committed, but for readers determined to bringing their stuff under control. "There is no magic device, and you don't need to be rescued," Mellen assures, advocating ways of streamlining that don't have to break the bank. He begins by the front door, with creating a place to locate your keys and mail, and then moves through the house from room to room, starting in the kitchen; sentimental doo-dads (the most difficult to abandon) are the last to go. While Mellen at times ventures into Martha Stewart's turf ("Create a paint schedule!"), he's closer in temperament to his mentor, Oprah. For those having trouble letting go of their stuff, he says, "Identify with the willingness to shift your behavior," and move bravely forward. Despite dips into hokum, Mellen is not a sentimentalist, he's a tough life coach, and many readers will have trouble paring down as much as he'd like. But those willing to take even a small sip of Mellen's Kool-Aid may enjoy a more organized, efficient, and well-managed life. (c) Copyright PWxyz, LLC. All rights reserved. "Whether it's your home or your head;Andrew Mellen shows how to achieve organizational success;