

10 Minute Digital Declutter The Simple Habit To Eliminate Technology Overload

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10 Minute Digital Declutter The Simple Habit To Eliminate Technology Overload 2023-01-03
BECKER AGUIRRE

Hundreds of Easy Tips and Techniques for Prosperity, Health, and Happiness John Wiley & Sons

A charming, practical, and unsentimental approach to putting a home in order while reflecting on the tiny joys that make up a long life. In Sweden there is a kind of decluttering called döstädning, dō meaning “death” and städning meaning “cleaning.” This surprising and invigorating process of clearing out unnecessary belongings can be undertaken at any age or life stage but should be done sooner than later, before others have to do it for you. In *The Gentle Art of Swedish Death Cleaning*, artist Margareta Magnusson, with Scandinavian humor and wisdom, instructs readers to embrace minimalism. Her radical and joyous method for putting things in order helps families broach sensitive conversations, and makes the process uplifting rather than overwhelming. Margareta suggests which possessions you can easily get rid of (unworn clothes, unwanted presents, more plates than you’d ever use) and which you might want to keep (photographs, love letters, a few of your children’s art projects). Digging into her late husband’s tool shed, and her own secret drawer of vices, Margareta introduces an element of fun to a potentially daunting task. Along the way readers get a glimpse into her life in Sweden, and also become more comfortable with the idea of letting go.

10-Minute Declutter Simon and Schuster

A calm, collected mind is the best defense against stress. In *Unclutter Your Mind*, Donna Smallin shows you how to address the emotional and psychological clutter that can rob you of a balanced, rewarding, meaningful life. Offering 500 creative ideas to help you clear away unnecessary worries, daily stressors, and unhelpful habits, Smallin helps you clear your head and focus on what’s most important to you. Just a few minutes each day is enough to help you establish clear priorities, develop stronger relationships, and achieve emotional fulfillment.

The Stress-Free Habit for Simplifying Your Home Createspace Independent Publishing Platform

LEARN:: How to STOP Being Overwhelmed by Email and Get to Inbox Zero Are you buried under an avalanche of email? In our fast-paced world, it's easy to allow hundreds--even thousands--of messages accumulate in your inbox. While email can enhance your personal communication, it can also turn into a huge time sink. Let email control you and it could lead to: low productivity, stress, distraction and a lack of focus on important projects. The solution? Learn how to declutter your inbox and never again get overwhelmed by email. **DISCOVER::** How the "Inbox Zero Habit" Can Stem the Tide of Email Whereas most books (and blog posts) recommend fancy technology for email management, this doesn't solve the root problem. It's kind of like a doctor focusing on the symptoms, not the disease. In order to do your best work in a peaceful, constructive manner, you need to develop a specific routine that focuses on email efficiency. Put simply: You need to develop a habit for processing email. In the book "Declutter Your Inbox", you will get a nine-step plan that helps clear the email clutter--no matter how many messages you receive on a daily basis. If you are someone who only spends 20 minutes managing email, the tips in this book will cut that time in half. On the other hand, if you are a high-powered executive who spends as much as three to four hours per day managing email, this book will help you discover a number of high-leverage habits that will increase your productivity. **DOWNLOAD::** Declutter Your Inbox: 9 Proven Steps to Eliminate Email Overload "Declutter Your Inbox" contains a detailed blueprint of how to be productive while processing email. You will learn how to: Read and understand the six limiting beliefs about email. Write template responses and use software to handle common questions. Practice the "10 rules" of writing efficient emails. Organize your inbox by creating email filters. Use seven tools for managing an empty inbox. Create a central location for files that you typically send. Practice the 4 D's when processing emails. Streamline all your inboxes into one (or two) locations. Develop seven habits for managing email. Don't become a slave to your inbox. You can get to inbox zero by creating a powerful routine for processing email. Would You Like To Know More? Download and take control of email today. Scroll to the top of the page and select the buy button.

Clear the Clutter, Find Happiness Createspace Independent Publishing Platform

Organize your home...and your life. This invaluable resource gives you 400+ ingenious ways to get (and keep) your home organized in just ten minutes—less time than it will take you to find your misplaced keys! If you are about to give up the battle to finally organize your home, don't. Help has arrived with this book. Your dream of an organized home can be a reality. And it won't take a lot of time or money. Get good, proven, and effective advice on all of the challenge areas in your home: the kitchen, family rooms, home offices, basements, garages, and more. Also, learn tips for keeping chaos at bay when you throw parties, host holiday gatherings, and pack for vacations. Create order with these tips and many more: Organizing your kitchen cupboard into sections for each family member Organize your child's artwork in three-ring binders Recycle your birthday and holiday cards by making them into gift tags for future presents Your beautifully organized home is in sight with 10-Minute Tidy Home.

The Japanese Art of Decluttering and Organizing Createspace Independent Publishing Platform

THE HEALING POWER OF MINDFULNESS: Easy-to-understand mindfulness practices to conquer anxiety We are overwhelmed, stressed, depressed. Right now, you might have everything you need for a happy life. You might have a great family, a good job, wonderful friends. But there's one thing wrong - you simply don't feel calm and happy. The demands of everyday life, your hectic schedule, those constant feelings of overwhelm and anxiety make you feel out-of-control and exhausted. How can you jump off the hamster wheel to feel peaceful and free from anxiety symptoms? When you

learn the peace of mindfulness techniques, you have the power to tap into a wellspring of tranquility and a lasting contentment you've never known before. **MINDFULNESS IN DAILY LIFE** The practice of mindfulness in daily life holds the promise not only for peace of mind, but also to revitalize your self-worth and transform the way you view the world. It awakens you to the beauty of every moment. You live in unity with life, rather than struggling against it. Mindfulness doesn't mean you must sit for hours in meditation or attend long retreats. You can experience calmness and present moment awareness in all your daily activities, and perform every task, thought, and action through the lens of mindfulness. In *Peace of Mindfulness*, you'll learn simple daily routines to bring you back again and again to the pleasure of full presence and awareness. **THE BENEFITS OF MINDFULNESS: HOW MINDFULNESS CAN CHANGE YOUR LIFE** Whether you're coping with stress and anxiety, or you simply want to increase self-awareness and contentment, the skills taught in *Peace of Mindfulness* meet you exactly where you are - in your home, your work, your simple daily tasks. Once you live your days with mindfulness, you'll enjoy physical, emotional, and mental benefits that further enhance your experience of life. Science has proven mindfulness reduces stress, improves memory, offers pain relief, helps your sleep, improves relationships, and promotes mental health. **ORDER: PEACE OF MINDFULNESS: EVERYDAY RITUALS TO CONQUER ANXIETY AND CLAIM UNLIMITED INNER PEACE** *Peace of Mindfulness* is a handbook for winning back control of your thoughts and emotions so you can release anxiety and enjoy a happier, healthier, more conscious life. Every chapter offers specific actions you can implement and practice right away to facilitate change. You'll learn: **** The Powerful Benefits of Mindful Breathing ** How to Tame the "Monkey Mind" ** Simple Mindfulness Meditation Practices ** How Practicing "Flow" at Work Makes You Love Your Job ** How to Use Visualization and Affirmations to Boost Brain Power **The Best Mindful Fitness Routines ** How to Practice Journaling to Enhance Mindfulness **How to Make Mindfulness a Way of Life** Want to Know More? Order and find the peace of mindfulness starting today. Scroll to the top of the page and select the "buy" button.**

Choosing a Focused Life in a Noisy World Penguin Business

Every day, in every way, you can get just a little more organized in just a few minutes. For instance, when you take your clothes off, hang them up or put them in the laundry. Throw out that pile of mail-order catalogs you still haven't flipped through. Limit yourself to saving one tote-bag-full of housecleaning rags. *The One-Minute Organizer Plain & Simple* is the perfect handbook for busy people who don't have time for a top-to-bottom purge or a complete organizational overhaul. Instead Donna Smallin provides 500 fast and innovative ways anybody can become a bit more organized . . . right now. Each tip delivers instant gratification, makes your world a little less cluttered, and brings you one step closer to a more orderly life. Smallin inspires readers by showing how much can be accomplished with an investment of no more than 15 minutes a day. Her quick solutions address such common troubles as paper clutter, household chores that never get done, bills that are always paid late, and schedules that never go quite as smoothly as planned. Every tip is accompanied by a time estimate of 1, 5, 10, or 15 minutes. These days, when everybody is playing a game of catch-up, *The One-Minute Organizer Plain & Simple* offers busy people 500 quick organizational fixes that will reduce some of the chaos and bring a little calm into a frenetic world.

Joy at Work John Wiley & Sons

Feng shui, the ancient Chinese art of placement, can transform your love life, financial situation, health, and overall happiness. With *10 Minute Feng Shui*, learn how to reap these benefits with just a few simple changes to your home decor. This amazing art is easier than you think: Put a vase of yellow flowers in your kitchen to increase your wealth. Place a live plant in your bedroom to improve your love life. Tie nine small bells on a red cord and hang it from your front door to bring happiness into your home. Hang a mobile in a sick room to clear congestion and respiration problems. And more. In just ten minutes, revive stagnant energy and bring "chi" into your home. Feng shui has been used successfully for centuries, and the tips in this book are the best of what the art has to offer. They're simple, they're fun, and they work!

A Simple Guide to Getting the Important Things Done Independently Published

#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 BIG Checklist To Obtain Digital Minimalism 10-Minute Digital DeclutterThe Simple Habit to Eliminate Technology Overload

Life is a journey and like most of journeys leaves behind emotional memories as well A LOT of stuffy clutter... Time to get back your living spaces has come! Learn how to free yourself from useless personal belongings by downsizing and organizing your home in just 10 minutes a day per 30 days! Because your happiness is that of your loved ones... How many times entering your house, office or any other living space of your day-to-day activities, find yourself pretending not to see ALL THAT MESS around you? The room just doesn't feel as spacious as it used to, you might think...

Would you like to do something (maybe tomorrow?) but the memories (and laziness...) connected to those things will just hold you... Everyone's life, for different reasons, leads us to buy, receive and gather an incredible amount of things. Things, which over time broke, were no longer used and then set aside. This is why these accumulate on the bottom of the wardrobes, in the closets, on the shelves of bookcases and in any corner of our house. But one day someone will have to throw them away...and rest assured that this won't be an easy nor emotionless task to your loved ones... The practice of starting to clean up yours stuff as you approach your later years is quite common in Scandinavia, where it is lived without embarrassment or taboo, but rather as a sign of great civilization. This noble practice, the Swedish Death Cleaning that has come to the forefront in recent years, provides you with a systematic approach and most effective strategies to get rid of your mess by decluttering your life, home and living spaces, making your later stages as smooth and stress-free as possible. Contrary to what one might think, the conceptual framework behind the Swedish Death Cleaning is in itself not limited to a specific age alone, as persons of different ages can also learn from its concept of minimalism and live a clutter-free life. Designed, optimized and arranged in a 30 days challenge, this workbook will provide you with unmatched daily step-by-step guide taking you through the whole process of death cleaning in just 10 minutes a day. You'll get access to easy and proven day-by-day best practices that will exactly shows you the activities and exercises to be carried out, as well as when and how to perform them. All this by helping you with the essential and powerful daily checklists featured in this book to assist you implementing your decluttering process to a healthy and happy life. Here is what you'll learn: Introduction to the noble art of Death Cleaning, what is it and the importance of starting it to a Happier Life regardless of age; The importance of decluttering in the Stress and Financial management; Tips and strategies to declutter your useless stuff overcoming clutter emotions; Stop hoarding unnecessary items and live an essential and happier life; The detailed 30 days challenge that will guide you through a step-by-step process to declutter your life, day by day, week by week, room by room and item by item; Learn and apply mind decluttering techniques; You know it's time to take responsibility for the things you own taking care of them before they become a burden to your friends and family. Always remember that what your loved ones will need are your memories not just piled junks! Are you ready to get rid of clutter once and for all? Don't let things take control of your life! Scroll up and hit the BUY NOW button and join the 30 days Challenge to get back your life!

[Decluttering For Dummies](#) Grand Central Publishing

Get rid of the clutter — and keep it away! Organizing expert Donna Smallin shows you how to enjoy the happy, healthy, and inviting home you long for with hundreds of time-saving, clutter-busting tips. Smallin's simple and manageable approach helps you focus on the things that will make the biggest difference in the least amount of time. Clear away the clutter once and for all, and discover the peace of mind that has been hiding underneath.

Project 333 Ten Speed Press

New York Times Bestseller 'Digital Minimalism is the Marie Kondo of mobile phones' Evening Standard 'An eloquent, powerful and enjoyably practical guide to cutting back on screen time' The Times 'An urgent call to action for anyone serious about being in command of their own life' Ryan Holiday, author of *The Obstacle is the Way* 'What a timely and useful book' Naomi Alderman, author of *The Power* Learn how to switch off and find calm Do you find yourself endlessly scrolling through social media or the news while your anxiety rises? Are you feeling frazzled after a long day of long video calls? In this timely book, professor Cal Newport shows us how to pair back digital distractions and live a more meaningful life with less technology. By following a 'digital declutter' process, you'll learn to: · Rethink your relationship with social media · Prioritize 'high bandwidth' conversations over low quality text chains · Rediscover the pleasures of the offline world Take back control from your devices and find calm amongst the chaos with Digital Minimalism.

9 Proven Steps to Eliminate Email Overload Fair Winds Press

So you want to keep your kitchen counter clean but you aren't ready to toss the toaster? You want to be able to find your kids' socks but aren't looking to spend your 401(k) on clear bins? You long for a little more peace but minimalism isn't sparking joy? Decluttering expert and self-proclaimed recovering slob Dana K. White offers sustainable ideas to simplify and manage your home in *Organizing for the Rest of Us*. Traditional organizing advice never worked for Dana K. White. Is it possible, she wondered, to get organized without color coding my sock drawer? As Dana let go of the need for perfection, she discovered the joy of having an organized house in the midst of everyday life. In *Organizing for the Rest of Us*, Dana teaches us how to make great strides with minimal effort in organizing every room of our home. Here she offers 100 organizing tips to help us understand: Why changing how we think about clutter is the first step to getting rid of it The basics of organization for people who don't like to organize Why you need to get a grip on laundry and dishes before getting organized How living with less clutter is better for the environment, our spiritual lives, and our relationships Why real-life decluttering requires fewer hours and less emotional bandwidth than we imagined *Organizing for the Rest of Us* includes colorful photos, a presentation page, and a ribbon marker, making it a thoughtful gift or self-purchase for anyone: Doing spring cleaning Making New Year's goals Downsizing their own home or their parents' home Decluttering and organizing for their own peace of mind Fans of Dana's podcast, *A Slob Comes Clean*, which has been downloaded 7 million times, will treasure this book as a resource. With her lighthearted approach, Dana provides bite-size workable solutions to break through every organizational struggle you have--for good!

[How to Organize \(Just About\) Everything](#) Thomas Nelson

Empower Yourself Through Living In the Present Moment and Letting Go With Mindfulness Modern society is filled with distractions such as e-mails, facebook, instagram, texting and endless information overload. Technology has us constantly connected to itself and others, rarely giving us a chance to be alone with our own thoughts. It is of no surprise that stress, anxiety and depression are rising rapidly in our society that seems to be so technologically connected but yet we are greatly disconnected from our deeper self. In this book you will find out how to take charge of your life, and make the decision to live the way you would like to. By choosing to live a life with more meaning, one that makes you better connected, you are off to a great start toward the mindfulness that you seek. The peace you will gain while learning to live a life of mindfulness is priceless. What will you learn in this book: How to create inner peace How to create happiness How to declutter your mind Increase awareness How to eliminate stress Being in the present moment Benefits of Mindfulness How to incorporate Mindfulness into everyday tasks And much, much more!!! Would you like to take charge of your life? Would you like to be more present and content? Would you like to live with more meaning? Take action today and buy this book for a

limited time discount of only \$15.38!

Deep Work Fair Winds Press

Professional organizer Peter Walsh presents this witty and enormously practical guide to getting it—and keeping it—all together. With more than 500 easy-to-follow how-to instructions, *How to Organize (Just About) Everything* is packed with shrewd advice and insider tips to make your home, your workplace—indeed, every imaginable aspect of your life—run more smoothly. Step-by-step solutions help even the most organizationally challenged take on: Kids Schedules Storage Photos Lists Politics Education Remodels Meals Weddings Finances Holidays Parties Vacations Emergencies

The Life-Changing Magic of Tidying Up Storey Publishing

Do you dream of a sharp mind focused on one clear purpose? The clutter in your life promotes chaos, disorder and confusion. It's keeping you from what you want, and it has to go. Your workspace is disorganized. Your home is full of stuff you don't need. Worst of all, your mind is constantly focused on the never-ending list of tasks you have to complete. You're stressed! You're unhappy! You feel like you want to run away. Will this turmoil ever end? In "Declutter Your Mind," I show you how to end the cycle of clutter that is clogging your creative flow and keeping you from achieving your goals. This is the guide that knocks some clarity back into your head, jars you from the spell you've been under and says, 'hey! It's time to simplify!' In this book you'll find out: -Exactly what elements in your physical, emotional and mental life are being cluttered -How your mental clutter is impacting your daily behavior -How to let go of what doesn't matter (including your phone) -How to bring it back to the simple things by prioritizing and focusing -About the best decluttering technique, which only takes 10 minutes -How to apply a step-by-step plan for crushing your bad clutter habits Every day, you can either add to your mental clutter, or help reinforce and clarify your goals. This book shows you how to keep it simple, so that you can be happy, focused and stress-free. End the habits that are weighing down your mind! With these incredible practices, you'll feel lighter and have more time to do what you love, with those you love. Discover the modern secrets of a decluttered mind in this guide. Get your guide now and thrive! Our guide covers the following topics: - Declutter Your Mind - declutter your mind how to stop worrying - How to Stop Worrying - Relieve Anxiety - Eliminate Negative Thinking - End Panic Attacks - Relieve Stress -

[Mindfulness](#) Penguin

"The perfect housekeeping guide for somebody who is overwhelmed with their mess and can't figure out how to start." -Lifemaker "An accessible guide on how to clean for normal people." -Livestrong "It actually changed my life and my home; I'm serious." -Book Riot Finally, a housekeeping and organizational system developed for those of us who'd describe our current living situation as a "f*cking mess" that we're desperate to fix. Unf*ck Your Habitat is for anyone who has been left behind by traditional aspirational systems. The ones that ignore single people with full-time jobs; people without kids but living with roommates; and people with mental illnesses or physical limitations. Most organizational books are aimed at traditional homemakers, DIYers, and people who seem to have unimaginable amounts of free time. They assume we all iron our sheets, have linen napkins to match our table runners, and can keep plants alive for longer than a week. Basically, they ignore most of us living here in the real world! Interspersed with lists and challenges, this practical, no-nonsense advice relies on a 20/10 system (20 minutes of cleaning followed by a 10-minute break; no marathon cleaning allowed) to help you develop lifelong habits. It motivates you to embrace a new lifestyle in manageable sections so you can actually start applying the tactics as you progress. For everyone stuck between *The Life-Changing Magic of Tidying Up* and *Adulthood*, this philosophy is more realistic than aspirational, but the goal is the same: not everyone will have a showcase of a home, but whatever your habitat, you deserve for it to bring you happiness, not stress.

[How to Stop Worrying, Relieve Anxiety, and Eliminate Negative Thinking](#) Storey Publishing

Is clutter controlling you? You need this feng shui cure to declutter your space and transform your life! If you think clutter is a fact of life, think again.

Feng shui, the ancient Chinese art of placement, can help you organize every aspect of your life, both at home and in the office. With the simple tips and tricks in this book, you can learn the secrets of this age-old clutter elimination system in no time. Best-selling 10-Minute Feng Shui author Skye Alexander shows you how to transform your environment, and in doing so, transform you life as well! Designed with today's busy person in mind, 10 Minute Clutter-Free Home breaks down organization into easy tasks that take only minutes to perform, which provides both a sense of order and peace of mind. Use plants to absorb emotional and mental clutter Use a consistent color scheme throughout your home Use a board instead of post-it notes to organize your life And much more With 10 Minute Clutter-Free Home, you can eliminate bad habits, develop new and better ones, and attract the new luck, love, and harmony that accompany a well-managed life.

Declutter Your Mind Sourcebooks, Inc.

A New York Times, Wall Street Journal, Publishers Weekly, and USA Today bestseller "Newport is making a bid to be the Marie Kondo of technology: someone with an actual plan for helping you realize the digital pursuits that do, and don't, bring value to your life."--Ezra Klein, *Vox* Minimalism is the art of knowing how much is just enough. Digital minimalism applies this idea to our personal technology. It's the key to living a focused life in an increasingly noisy world. In this timely and enlightening book, the bestselling author of *Deep Work* introduces a philosophy for technology use that has already improved countless lives. Digital minimalists are all around us. They're the calm, happy people who can hold long conversations without furtive glances at their phones. They can get lost in a good book, a woodworking project, or a leisurely morning run. They can have fun with friends and family without the obsessive urge to document the experience. They stay informed about the news of the day, but don't feel overwhelmed by it. They don't experience "fear of missing out" because they already know which activities provide them meaning and satisfaction. Now, Newport gives us a name for this quiet movement, and makes a persuasive case for its urgency in our tech-saturated world. Common sense tips, like turning off notifications, or occasional rituals like observing a digital sabbath, don't go far enough in helping us take back control of our technological lives, and attempts to unplug completely are complicated by the demands of family, friends and work. What we need instead is a thoughtful method to decide what tools to use, for what purposes, and under what conditions. Drawing on a diverse array of real-life examples, from Amish farmers to harried parents to Silicon Valley programmers, Newport identifies the common practices of digital minimalists and the ideas that underpin them. He shows how digital minimalists are rethinking their relationship to social media, rediscovering the pleasures of the offline world, and reconnecting with their inner selves through regular periods of solitude. He then shares strategies for integrating these practices into your life, starting with a thirty-day

"digital declutter" process that has already helped thousands feel less overwhelmed and more in control. Technology is intrinsically neither good nor bad. The key is using it to support your goals and values, rather than letting it use you. This book shows the way.

500 Ways to Focus on What's Important Fair Winds Press

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.

[To-Do List Makeover](#) Becoming Minimalist

SIMPLIFY EVERYTHING:: How to Declutter Your Home with an Easy 10-Minute Daily Habit Imagine living a home that's free from clutter. Your closets, cabinets and possessions are all completely organized. Wouldn't you feel relaxed? You can make this happen with the daily decluttering habit. The

good news? You can do this even if you're a busy professional or a parent who has little time for a massive organizing project. All you need is 10 minutes a day and you'll be amazed at what can be accomplished with the following "Declutter Challenge" system. **LEARN::** How to Develop the Declutter Mindset and Release "Giveaway Guilt" The best way to simplify your life is to create a new mindset where "less is actually more." Too much clutter leaves you emotionally and physically drained. What you will learn is how to reclaim your life by letting go of your stuff. In the book, "10-Minute Declutter", we show you how to declutter, the best way to organize every space in your house and what supplies you'll need to get started. **DOWNLOAD::** 10-Minute Declutter: The Stress-Free Habit for Simplifying Your Home The following declutter book provides a step-by-step plan for sorting, purging and organizing every space in your house in small, easy-to-manage time slots. We will cover: ** 8 Reasons Why You Haven't Decluttered ** 14 Benefits of Minimalist Living ** 8 Steps to Form the Decluttering Habit ** How to Pick the First Project in Your Home ** 15 Vital Questions to Ask Before Starting a Project ** How to Prepare and Stage Your Clutter ** Specific Steps for Each 10-Minute Project in Every Room ** How to Make Money with Your Clutter (or Get a Major Tax Deduction) ** A Detailed Shopping List of Organizing Supplies You'll Need You can simplify your home without feeling stressed or overwhelmed. The secret is to build the declutter habit and tackle your declutter project one day at a time. Would You Like To Know More? Download now to learn how to declutter, simplify, and organize your home. Scroll to the top of the page and select the buy now button.