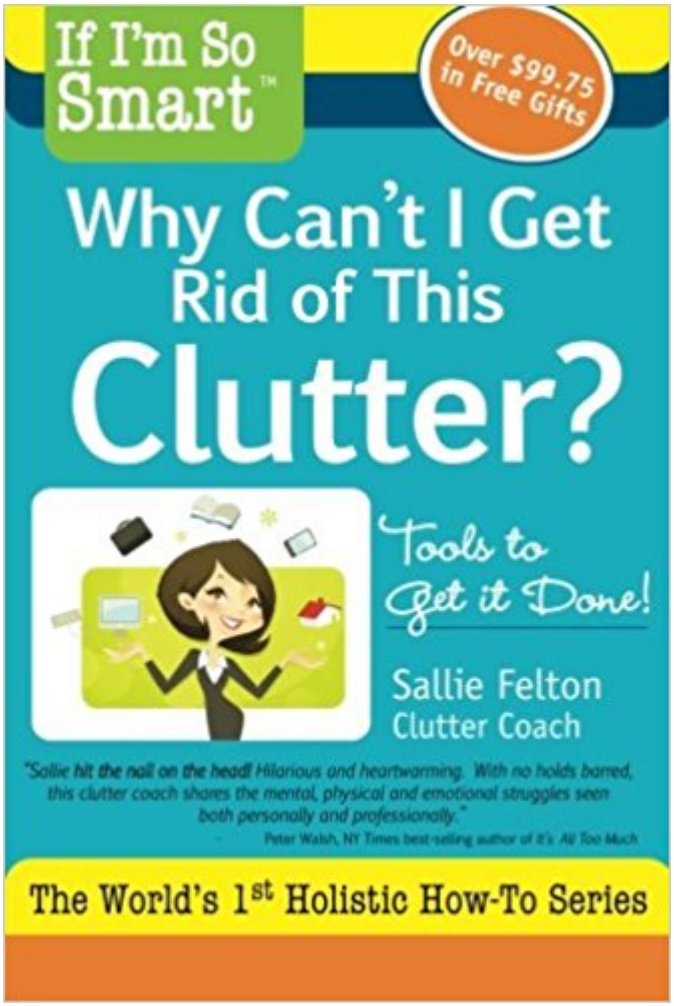
Ebook Directory
the best source of ebook

The book was found

If I'm So Smart, Why Can't I Get Rid Of This Clutter?: Tools To Get It Done!



PDF
Adobe
DOWNLOAD EBOOK

Synopsis

Let’s face it; everyone has clutter to some degree or another! It’s how you deal with the clutter that makes the difference between conquering your clutter and allowing your clutter to conquer you.In her book, If I’m So Smart, Why Can’t I Get Rid of This Clutter?, author and life coach Sallie Felton, walks you through the practical and organizational strategies that make it easy to stay organized; but this book goes deeper and uncovers the hidden reasons why it can be so hard to get clutter free and stay that way.Her book includes:Getting Started Tools - The first step to conquering clutter is breaking it up into more manageable chunks - literally and metaphorically. These tools will get you heading in the right direction without feeling overwhelmed and defeated.Practical Tools - There is simply no way to end clutter without getting rid of some stuff. What’s more, you’ll need to find techniques for dealing with new stuff as it arrives. These are tools you’ll come back to again and again.Feeling Tools - Oh if only clutter were just about stuff and storage solutions! Things would be so much easier. The real challenge is learning to let go of emotional clutter. These tools will show you how, one heartbeat at time.Motivation Tools - Everyone needs help reaching their goals and maintaining their new status. One way to get really motivated is to understand the true cost of clutter.Belief Tools - The tools will show you how to unearth the beliefs you have about yourself and teach you how to turn the negative, self-defeating ones into empowering affirmations. How will that help you keep your house clean? You might be surprised to find out!Self-Care Tools - Too often we push ourselves, day in and day out, to do more, give more, achieve more. To what end? If we don’t make time to take care of ourselves, to re-energize and re-vitalize ourselves we make it impossible to do, give or achieve our best. These tools put you in the driver’s seat of your own life.Future Tools - These tools put a plan in place for bringing life to your vision and creating the future you want. We’ll do this in a way that builds confidence, makes room for life’s unpredictable ways and sets you up forÃ Â nothing less than success.

Book Information

Paperback: 220 pages
Publisher: Journey Grrrl Publishing (June 1, 2011)
Language: English
ISBN-10: 1936984008
ISBN-13: 978-1936984008
Product Dimensions: 6 x 0.6 x 9 inches
Shipping Weight: 13.9 ounces (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars 58 customer reviews

Best Sellers Rank: #834,708 in Books (See Top 100 in Books) #135 inÃ Â Books > Crafts, Hobbies & Home > Home Improvement & Design > How-to & Home Improvements > Green Housecleaning #771 inÃ Â Books > Self-Help > Time Management #1535 inÃ Â Books > Crafts, Hobbies & Home > Sustainable Living

Customer Reviews

Sallie hit the nail on the head! Hilarious and heartwarming. With no holds barred, this clutter coach shares the mental, physical and emotional struggles seen both personally and professionally. With examples, exercises and testimonials, you'll learn how each of us can clear out our cobwebs, bringing more light and balance into our lives. --Peter Walsh, NY Times best-selling author of It s All Too MuchI encourage you to read Sallie s book and implement all of the tools she recommends. They are very practical and most importantly can help you transform your life. In what can seem like tough times for many people nowadays Sallie s book shows you how to clear out the clutter that can create those difficult situations and turn them into opportunities that will benefit you. --Chaney Weiner, Founder of The Chaney Institute of Human Potential

Sallie Felton is a life coach, radio host, author, facilitator, hypnotherapist and inspirational speaker. She is the co-author of Clutter Free and Clear: How To Take Charge of Your Time and Space and is certified as a Professional Certified Coach (PCC) by the International Coach Federation.

Just another in a long line of books that essentially all say the same thing. If you honestly cannot fathom why you cling to possessions, go ahead and read this. If you've watched Hoarders & have any knowledge of simplistic psychology, skip the book.

This book has a lot of helpful views and suggestions. There were sections of the book that did not pertain to me, but of course I skipped over them. The author gave me more tools for the purging of STUFF that I have been doing for the past few months. I will mention, though, that there is repetition within the book that is neither necessary nor helpful. In addition, some extra proofreading could have been done before printing. Even with these two negatives, I would gladly recommend the book to anyone who needs an extra push, and valuable guidance, in the pursuit of a less cluttered life.

I was not expecting a book on psychological problems. I was more interested in improving

organizational skills and letting go of clutter. I did appreciate all the suggestions made regarding emotions and mental stress in dealing with clutter but believe too much of the book was written on that subject. I was wanting more of a satirical book in helping with guidelines and tips needed for cleaning out my home.

Loved this book!! The step-by-step approach to de-cluttering was amazing and the strategies really helped me to see how my mental and emotional clutter were directly tied to my physical clutter! It's going to take me a year to get de-cluttered but I am going to do it...a little at a time! I highly recommend this book to all the busy moms and persons out there dealing with clutter. Whether it be physical, mental, and/or emotional, you can take control of your clutter with Sallie's book!!

Loved the break down of types of clutter and symptoms of how these types of clutter affect you physically. Clutter can make you sick! Sallie shows the reader how to break down an overwhelming task into manageable chunks and steps. She shows you how she did it and gives you a plan to do it too! Plan to use her saying, start where you stand as my mantra as I finally tackle my garage.

I've only read half so far, and this is my review at this time. It really gets into our thoughts about why we have the clutter and can't be organized. I understand the connection entirely. It sounds like such a simple thing, but it's really true that when our lives and our minds are in chaos, our homes will be, too.

This is an easy read (I skimmed over 2/3 of it) but is very repetitive. Also too much emphasis placed on what to do during the holiday period when there isn't enough on everyday issues. There are many handy hints, but not the details on how to organise each room as another review indicated. I was looking for something more substantial.

The kindle download was seamless as always. I have been journaling as I read this book and while I do agree that it is more of a blog or diary than a how to book it has kept me motivated to move forward in decluttering my life. Most of the ideas are nothing new but I am sure most of us can use an occassional reminder (or we wouldn't be reading a decluttering book to begin with) and there are several pearls that I think will help me along my path.

Download to continue reading...

CLUTTER TO CLUTTER FREE: A Step by Step Guide on How to Organize and Get Rid of Clutter

For a Stress-Free Life and Home (Home Organization, Hoarding, Declutter, Clutter free living with Kids) If I’m So Smart, Why Can’t I Get Rid of This Clutter?: Tools to Get it Done! Clutter Free: Clutter Free Home EASY DECLUTTERING GUIDE (Clutter free, Clutter, Decluttering,Tidying up, Organizing, Tiny house, Minimalism) Clutter-Free: ONE HOUR A WEEK DECLUTTER! Simple Stress-Free Habits of a Clutter-Free Life.How to Organize Your Home,Finance&Lifestyle! (Clutter Free,Lifestyle,Clutter,Declutter) How to Get Rid of Fleas: Reveal the Secrets of Getting Rid of Fleas & the Methods to Get Rid of Fleas Fast! How To Get Rid Of Lice: Learn how to Get Rid of Lice Once and for All! Homemade Repellents: 31 Organic Repellents and Natural Home Remedies to Get Rid of Bugs, Prevent Bug Bites, and Heal Bee Stings (Homemade Repellents, Natural ... Homesteading, How to Get Rid of Bed Bugs) Homemade Repellents: 31 Organic Repellents and Natural Home Remedies to Get Rid of Bugs, Prevent Bug Bites, and Heal Bee Stings (Home Remedies, ... Homesteading, How to Get Rid of Bed Bugs) Control Your Clutter!: You don’t have to get rid of EVERYTHING! Even hoarders will succeed with this method! The Art of Discarding: How to get rid of clutter and find joy How to Organize Your Life & Get Rid of Clutter Busy People Cleaning And Organizing: A Collection Of Guides For Busy People To Organize And Get Stress Free By Getting Rid Of Clutter How to Get Rid of Lice FAST: An Essential Guide to Getting Rid of Head Lice for Good Love Your Clutter Away: A step-by-step guide to gently letting clutter go for good. The Get it Done Divas Guide to Business: The Definitive Guide to Getting it Done and Standing Out as a Leader and Expert Language at the Speed of Sight: How We Read, Why So Many Can’t, and What Can Be Done About It Smart Thinking: Three Essential Keys to Solve Problems, Innovate, and Get Things Done The Work-Smart Academic Planner, Revised Edition: Write It Down, Get It Done It’s All Too Much Workbook: The Tools You Need to Conquer Clutter and Create the Life You Want The Bottom Billion: Why the Poorest Countries are Failing and What Can Be Done About It

Contact Us

DMCA

Privacy

FAQ & Help