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Clutter Free: Clutter Free Home EASY DECLUTTERING GUIDE (Clutter Free, Clutter, Decluttering,Tidying Up, Organizing, Tiny House, Minimalism)



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Synopsis

FREE BONUS DECLUTTERING TOOLS INCLUDED!Learn how to put an end to clutter in your home once and for all!Is clutter out of control in your home? Do you see clutter free areas shrinking as years pass by? This guide contains all the information you need to learn how to easily and systematically deal with clutter!BONUS printable decluttering tools included!In this book, you'll learn:How Clutter Affects the BrainHow to Getting Rid of Clutter AddictionThe Top 5 Reasons why you Need to DeclutterThe Step by Step Guide that will Help you Clean up and Finally Deal with ClutterStress Management Tips that will Help You DeclutterBONUS: To declutter even more easily!Take action today to learn how to easily and systematically deal with clutter!Sample of Chapter 1: How Clutter Affects the BrainWe all keep things for different reasons. Some collect things for sentimental reasons, while others do it because they honestly believe that theyÃ¢ ¬â„¢ll have a need for it in the future. Whatever your specific reason may be, collecting things you donÃ¢ ¬â„¢t need may be affecting your brain in ways youÃ¢ ¬â„¢re simply not aware of. Just recently, scientists from Yale were able to identify two areas in the brain that are directly affected by clutter. When asked to let go of items that the participants felt a connection to, the cingulated cortex and insula areas lit up. These areas of the brain, which are primarily associated with pain, are the same areas that light up when a person feel physical pain. Your brain processes a paper cut the same way that it processes losing a valued possession. To you, they may feel like two completely different things, but to the brain, one is just as painful as the other. Studies show that the more emotionally or financially committed you are to something, the more you want to have it around. And getting rid of it might just be as painful as that burn you get when you drink your coffee too hot. Even if youÃ¢ ¬â„¢re not the sentimental type, your brain tends to place value on things as soon as they get introduced to your life. ItÃ¢ ¬â„¢s this psychological effect that makes it difficult for any of us to get rid of things. This tendency to hoard items eventually leads to the unmanageable clutter that we experience in our lives, at one point or another. Whether the clutter is hidden away in your closet, or laid out in the open on your office desk, it can have a negative effect on your brain. You may not be aware of it at the moment, but the longer you allow clutter to take over your life, the harder it will be for your brain to function at its optimal level. Your brain already goes through enough stress focusing and processing information by the millisecond, it can do away with dealing with clutter. Studies show that physical clutter not only competes for your attention, but it also decreases brain performance. The same way that multitasking takes a toll on your overall wellbeing, clutter can affect how your brain performs throughout the day. ...Tags: clutter, clutter free, declutter your life, clutter free home, clutter free living, clutter free mind, clutter addiction, hoarding, minimalism,

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Book Information

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Customer Reviews

Are you tired of looking at this mess? Is this just clutter or am I on my way to being a hoarder? Do I want my family to come in and clean up this "stuff" if I am suddenly incapacitated too do it myself? These are questions I asked myself.This short, quick and easy to read e-book motivated me to act immediately on some of the tips.Being ready to de-clutter, I had trash bags and boxes ready for the items to be removed from the premises. Sorting and putting in piles was a good first step for me. It helped me to take inventory of what I possessed, what needed to go, kept and later decided upon. Starting with a drawer motivated me to move to a closet. The task was not overwhelming and I felt a sense of achievement once completed.I’m on my way to a clutter-free home.

I loved the insight behind how clutter affects the brain as presented in this book.

Clutter - gah! I can’t stand it! It makes me feel overwhelmed. It is so true that the less stuff you have to worry about, the less stress you have. The author covers this well along with touching on being environmentally responsible and finding ways to reuse things you already have. The book also included a great step by step decluttering guide which will be very useful. I liked it!

This book was more about the addiction of clutter than being an easy guide decluttering guide.

Thank you! This book has really helped to get me motivated! I wondered how I was ever going to get started and now I am very eager to unclutter and start a new phase of my life! Lots of good advice!

So helpful if you want change not only to get organized but also to save money.

I wouldn’t even spend a penny on this crap! Seriously? It’s 14 pages long, and it really tells you nothing at all. The only ’guide’ part is when he tells you something we all should already know. Put items into a donate/sell, keep, trash, maybe, pile. Keep the areas you declutter clean daily, and don’t bring more clutter into your house. Throw our expired food.That was it. He tells you WHY people feel like are connected to items, and that having clutter is bad for your mind. We should all know that if we’re already looking into the decluttering topic.This is a very, very hard pass. A sorry excuse.

Hurrah for "Declutter"! This book succeeds where other methods and books fall short by going into the psychology behind hoarding and examining it as a potential addiction. I especially liked the systematic, methodical approach to freeing yourself of unneeded items. "Declutter" has many great strategies to get the mess out of your life and free your mind in the process.

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