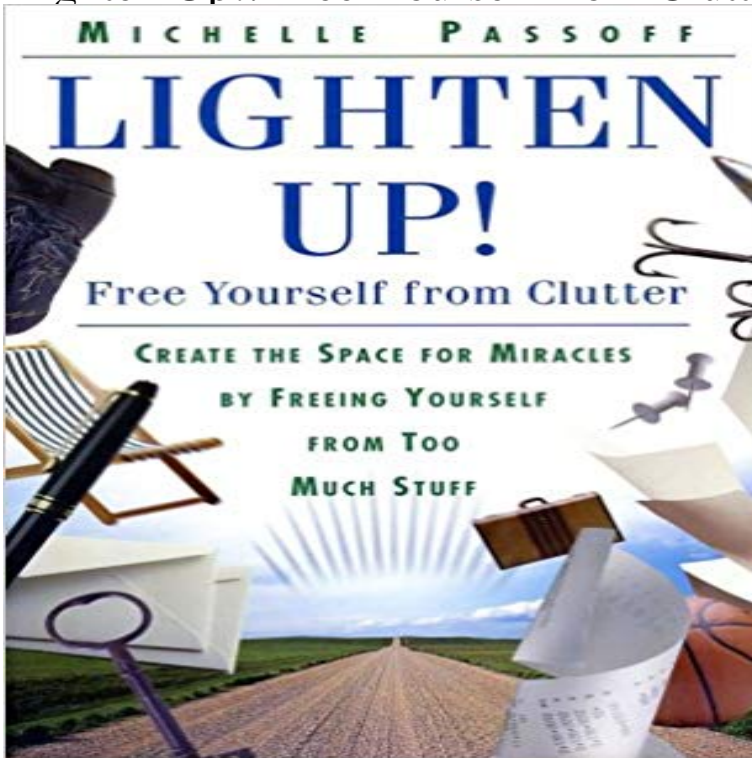


Lighten Up!: Free Yourself from Clutter



Lighten Up! Free Yourself from Clutter is the first book of its kind to view cleaning clutter not as a burdensome chore but as a transformational experience. If those piles of stuff are draining you of energy, if they're not supporting and nurturing you, then get out from under them! Lighten Up! Free Yourself from Clutter is a practical yet inspirational guide that encourages you to approach clutter cleaning as a fun, creative, soul-enriching endeavour. Michelle Passoff takes you step-by-step through the process of lightening up. First she helps you identify what you want to make room for in your life, then she outlines how to overcome the physical obstacles that get in the way of achieving your goals. Lighten Up! Free Yourself from Clutter! shows you how to: do away with piles of paper choose the right filing system for your records find the courage to toss out clothes you never wear distinguish memorabilia from useless junk create rooms in which you can relax and much, much more! Maybe you don't know exactly what you want your life to look like, but if you start eliminating clutter, your true self is sure to surface.

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