

One Thing At a Time: 100 Simple Ways to Live Clutter-Free Every Day

By Cindy Glovinsky

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Simple, effective ways to put things in their place

Those piles of papers, clothes, and other things you thought you'd successfully de-cluttered have returned, and this time they brought friends. What's the use of trying to fight the clutter? Is there a better way?

This powerful and useful guide delivers solutions that work, no matter how overwhelmed you feel. The answer isn't an elaborate new system, or a solemn vow to start tomorrow. Instead, psychotherapist and organizer Cindy Glovinsky shares 100 simple strategies for tackling the problem the way it grows--one thing at a time. Here's a sampling of the tips explained in the book:

*Declare a fix-it day
*Purge deep storage areas first
*Label it so you can read it
*Get a great letter opener
*Practice toy population planning
*Leave it neater than you found it
Written in short takes and with a supportive tone, this is an essential, refreshing book that helps turn a hopeless struggle into a manageable part of life, one thing at a time.

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Editorial Review

Review

“Glovinsky is a compassionate, talented organizer who understands the root causes of people's clutter woes. This is a really helpful book.” ?Judith Kolberg, author of Conquering Chronic Disorganization and co-author of ADD-Friendly Ways to Organize on Making Peace with the Things in Your LifeYour Life

“Glovinsky asks readers to examine the underlying psychological issues that they have with things....She takes Julie Morgenstern's *Organizing from the Inside Out* to the next level.” ?*Library Journal on Making Peace with the Things in Your Life*

From the Inside Flap
Praise for Making Peace with the Things in Your Life

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"Glovinsky asks readers to examine the underlying psychological issues that they have with things....She takes Julie Morgenstern's Organizing from the Inside Out to the next level."
- Library Journal

About the Author

Cindy Glovinsky, M.S.W., A.C.S.W., is the author of *Making Peace with the Things in Your Life*. She is a licensed psychotherapist and professional organizer. A frequent lecturer and expert in the fields of chronic disorganization and attention deficit disorders, she is based in Ann Arbor, Michigan.

Users Review

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This One Thing At a Time: 100 Simple Ways to Live Clutter-Free Every Day book is not ordinary book, you have after that it the world is in your hands. The benefit you have by reading this book is information inside this book incredible fresh, you will get facts which is getting deeper a person read a lot of information you will get. This One Thing At a Time: 100 Simple Ways to Live Clutter-Free Every Day without we recognize teach the one who reading it become critical in contemplating and analyzing. Don't always be worry One Thing At a Time: 100 Simple Ways to Live Clutter-Free Every Day can bring once you are and not make your handbag space or bookshelves' turn into full because you can have it inside your lovely laptop even phone. This One Thing At a Time: 100 Simple Ways to Live Clutter-Free Every Day having good arrangement in word and layout, so you will not truly feel uninterested in reading.

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