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The 8 Minute Organizer: Easy Solutions To Simplify Your Life In Your Spare Time



Synopsis

Whether you are busy dealing with a demanding job, raising kids, or coping with illness, simply finding the time to get organized can be a challenge. The 8-Minute Organizer to the rescue! Regina Leeds shows how anyone can organize their home with just a few minutes each day. She has tailored her magic formula (eliminate, categorize, organize) so that readers can work in short, effective increments and complete small projects that add up to big progress. The book includes hundreds of systems and tricks--from rapid closet rehab to tackling junk drawers, clutter-busting a room to setting up a mail system. Leeds also offers quick but important daily routines (making the bed), periodic tasks (checking the smoke detector), and fun projects (creating a dream board) to keep up the momentum.Â

Book Information

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Customer Reviews

I have always been overwhelmed by the thought of GETTING ORGANIZED, and the time and energy involved, this book breaks everything down into small tasks. I finally feel like I can live in a home that I am proud of and where everything has its place. Instead of saying I want to be organized someday I feel like this book is giving me a road map to get organized today. The book is broken up into a chapter for each room, then each room is broken down into achievable 8 minute tasks, if something would probably take more than 8 minutes, think your closet, then it is broken

down into 8 minute activities, e.g. shoes, purses... you get the idea. Instead of being overwhelmed by the whole you are comforted by the knowledge that in 8 minutes you're done, or not, if you want to string a few things together there is guidance for that as well. I feel like I have finally, finally found the information I need. I bought the Kindle version, one less thing to put on that bookshelf. Thank You, Regina.

While all of Regina's books have been first-rate, this latest one, "The 8 Minute Organizer", may be the most useful one yet. Because I'm so naturally disorganized myself, I'm something of a junkie for books and systems to bring some kind of order to my world. Regina's other books have been very helpful for that - giving me organizational tasks that I can schedule throughout the year on my way to perfect neatness. But I've never seemed to accomplish them all. Some projects are just a bit large and intimidating. The genius of this book is that it has broken down organizational tasks into 8 minute sprints - units of work short enough that they don't scare me and that I have no excuse not to incorporate into my day. Unlike previous books that grouped organizational tasks by time of year - this one is organized by the area of your home. Pick the bedroom, bathroom, kitchen or your files - and there's a chapter full of eight-minute mini-tasks focused around that area. You can pick the room most in need of attention. Or, as Regina suggests, you can pick one that's not quite as intimidating and build up your skills. There are several things I especially like about Regina's approach. First of all, she's called the "Zen Organizer" for a reason. There's a definite undercurrent of calm, meditative philosophy in her books. You aren't just organizing so that you can cram more stuff into your life. You are trying to achieve a healthy balance and a strong and calm mental and physical foundation for peace and tranquility. She even has advice on diet, exercise and meditation. You're not just bringing order to your stuff. You're bringing order to your life. Another thing that's a personal preference of mine is that I don't like to be given TOO many choices in how to approach something. Or if there are choices, I want to be pointed at a "preferred" option. If I'm given the opportunity, I can tend to get lost in choosing the perfect organizational tools and systems instead of actually organizing. Regina tends to just tell you what to do, and I like that. Sure there are choices, but she'll often indicate her personal preference, so I can just follow the clear instructions and get right down to business. If you've had trouble getting started in organizing because your life is just too chaotic, this may be a perfect book for you.

I love this book! I have read a lot of books about organizing , but I feel like this one will be the one to change my life. I was not born organized, but it turns out that organizing is a skill that can be taught.

Before I had kids I had managed to get fairly organized, thanks to Regina Leeds and "The Zen of Organizing", but by the time my 4th child was born my home was a disaster again because the kids just have so much STUFF. I'm a stay-at-home mom and my kids can make a mess MUCH faster than I can clean it up. My attitude had become, "Why bother? The kids are just going to destroy it anyway." Finally I read this book and a number of things really struck a chord with me. First of all, anybody can find 8 minutes. Of course, you're not going to organize your entire home in 8 minutes, but the book is full of ways to break a task into smaller parts, so you really can accomplish something in 8 minutes. You can set a timer for 8 minutes and if that's all the time you have you can do something else without guilt. Even if the 8 minutes only makes a small difference, it's still a change in a positive direction. I have found that seeing how much I can accomplish in 8 minutes motivates me to do more. Not only are tasks broken down into manageable pieces, the book is full of gentle reminders that you CAN do this and it's full of practical tips for how to organize specific items. This book was well worth the money.

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