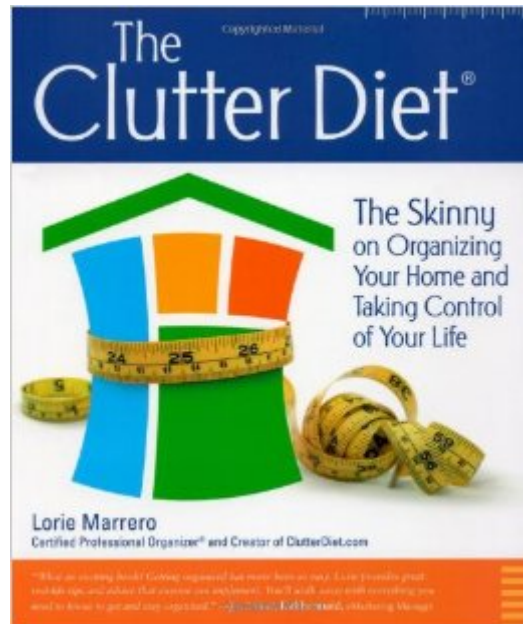


The book was found

The Clutter Diet: The Skinny On Organizing Your Home And Taking Control Of Your Life



Synopsis

Now a Wall Street Journal bestselling ebook! Get your house in shape! Applying just an ounce of the advice in this practical guide saves you enough time and money to pay for itself. You will learn:

- The actual scientific law of nature that helps you get organized
- The cure for procrastination
- Ten types of High Calorie Clutter to avoid
- Where to start and how to tackle your projects
- How to successfully add new habits into your life

Praise for *The Clutter Diet*: 'As a successful organizing coach, I immediately related with Lorie's motivational concepts in *The Clutter Diet*. Applying these principles can change your life!' --Dorothy Breininger, President of Delphi Center for Organization, Dr. Phil Show expert and author of *Chicken Soup for the Soul: Life Lessons for Organizing and Balancing Your World*

'What an exciting book! Getting organized has never been so easy. Lorie provides great real-life tips and advice that anyone can implement. You'll walk away with everything you need to know to get and stay organized.' --Jim Deitzel, Rubbermaid, eMarketing Manager

Book Information

Paperback: 272 pages

Publisher: Reason Press (February 1, 2009)

Language: English

ISBN-10: 0615266487

ISBN-13: 978-0615266480

Product Dimensions: 9.5 x 8 x 0.7 inches

Shipping Weight: 1.3 pounds

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (88 customer reviews)

Best Sellers Rank: #375,286 in Books (See Top 100 in Books) #92 in [Books > Crafts, Hobbies & Home > Home Improvement & Design > How-to & Home Improvements > Green Housecleaning](#) #435 in [Books > Crafts, Hobbies & Home > Home Improvement & Design > How-to & Home Improvements > Cleaning, Caretaking & Relocating](#) #772 in [Books > Crafts, Hobbies & Home > Sustainable Living](#)

Customer Reviews

Lorie Marrero is no stranger to clutter. I know this because her blogs and website have helped me sort through four storage units (saving me hundreds of dollars each month!) and most of my condo. Comparing the clutter of our lives with diet makes a lot of sense. Diet...we don't gain weight overnight and we can't lose it overnight. Same goes for clutter. All we need is a plan. Lorie provides us a plan to release this clutter. There are many excellent books on Clutter and organization. This is

one of them. Lorie helps you understand how the clutter is acquired and how to get it out of your life forever. It's not an easy task but this book helps you each step of the way. The book is broken down into four main sections, Getting Motivated, Clutter Prevention, Clutter Reduction, and Maintenance. Prevention helped me as much as the actual decluttering sessions. I learned to see "what enough looks like" - sounds simple but I did not know. So my "homes" for my items were overflowing. I am now learning what enough looks like. The final section in the book breaks it down to suggestions on a room by room basis. She suggests products to help you along the way but you don't need to buy anything (other than the book) to implement Lorie's system. This book is very easy to read and well organized.

Lorie Marrero makes the cogent point that a cluttered life is a reflection of a cluttered mind. Using the metaphor of a food diet for the process she recommends to organize your life is inspired since the two have much in common---eating junk food is the nutritional equivalent of a home cluttered with junk. First, I really liked the graphic design of this book. Its paperback format is oversized and the pages have a spacious, inviting feel. The lines are spaced with extra leading so large sections of copy don't feel ponderous and overwhelming. Generous amounts of white space enhance the approachability of this 260 page book. In short, it's an easy read. Another intelligent element of this book is the author's knowledge that any form of habit-breaking program needs outside support in order to succeed. Unless there are others providing some oversight to our efforts, it's human nature to back-slide. She accurately points out that 95% of people will likely achieve a goal if they have specific accountability with a person to whom they are committed (think Alcoholics Anonymous here). A website [...] provides support and tools, including a free downloadable companion workbook, to help keep your decluttering efforts on the straight and narrow. Marrero spends a considerable portion of the book devoted to the psychological aspects of cluttering. Procrastination is, she says, the major reason why people clutter. Procrastination robs you of your energy (it's called the karm of incompletions). Specific exercises are provided to overcome the various mental barriers to leading an organized life. Besides the obvious clutter---Beanie Baby collections, stacks of magazines, clothes you haven't fit in since college, that junky crap that you get for free---Marrero addresses other forms of "clutter" in our lives. Time clutter is a subject that could (and has) been the subject of a book all on its own. The author provides a 12-Step Program called Overdoers Anonymous to tackle the time clutter problem. There's also the exponentially increasing problem of modern life she calls Communication Clutter---emails, junk mail, spam, telemarketers, and all that other inconsequential and unimportant online and telecommunications "stuff" that eats away at the

time we have here on earth. The back of the book includes room by room "recipes" with the "ingredients" for successful decluttering. There's a lot of meat here (to use the author's food analogies) and also requires the most actual physical work. So it's not an easy section to get through. There's a lot of take-away in this book that more than justifies its price. I've read two other highly recommended books about getting rid of clutter in your life and learned a lot. But this is the best book on the subject by far, in my opinion. Start here before you look anywhere else.

I've read several "clean up the clutter" guides recently, including "It's All Too Much" by Peter Walsh, and this book stacks up well against all the recent titles. I really liked Lorie Marrero's "hook"--that organizing your home is a lot like learning to eat well--because it takes into account both the short-term and long-term aspects of combating clutter. Anyone who's interested in buying a book like this is probably facing a fairly serious situation and needs immediate help, but needs a longer-term framework or philosophical approach too in order to stay uncluttered. Marrero's diet analogy works on both counts: you can go on a "clutter diet" to make an immediate, noticeable impact, but then you maintain your new "physique" (your less-cluttered home) through consistently-applied new behaviors. In short, I really liked the book, I liked the writing and tone (it read as if the author was walking through my house with me, giving suggestions and moral support), I liked the helpful format, and I definitely recommend this book to anyone seeking help in getting their stuff under control.

I purchased the Kindle edition of this book. The formatting leaves a lot to be desired - it added frustration to reading. This book contains some great ideas and resources. Basic common sense rules. If you are willing to do the exercises, it will work for you. My main gripe other than the Kindle version is the way she hawks her website and services.

While there is some extremely valuable information contained in this book, the constant references to "our paid clients", etc. are offensive and distracting for those who truly want to apply the ideas. Apparently if I am really smart, I will apply their "ruler" to my situation and just pay some one to fix my situation and add this book to the "give away" pile! I have decided not to let the repetitive "commercials" prevent me from getting my money's worth out of the book I already paid for though. After eleven chapters of the propaganda, I just took a minute to get a piece of card stock and a marker and am "editing" out the references so I can use the information without the insinuations that I need to spend more money on the author's website subscriptions or services or cannot apparently

apply the information without them!

[Download to continue reading...](#)

The Clutter Diet: The Skinny on Organizing Your Home and Taking Control of Your Life Clear Your Clutter with Feng Shui: Free Yourself from Physical, Mental, Emotional, and Spiritual Clutter Forever Organizing from the Inside Out, Second Edition: The Foolproof System For Organizing Your Home, Your Office and Your Life Organizing from the Inside Out for Teens: The Foolproof System for Organizing Your Room, Your Time, and Your Life De-cluttering Your Home or Garage Made Easy: How to Save Time, Money & Stress by Living a Clutter Free Life The Skinny Carbs Diet: Eat Pasta, Potatoes, and More! Use the power of resistant starch to make your favorite foods fight fat and beat cravings Unstuff Your Life: Kick the Clutter Habit and Completely Organize Your Life for Good DASH Diet for Beginners: Top DASH Diet Recipes for Weight Loss, Fat Loss and Healthy Living: Dash Diet Recipes, Book 1 Dr. Koufman's Acid Reflux Diet: With 111 All New Recipes Including Vegan & Gluten-Free: The Never-need-to-diet-again Diet Control Self-Assessment: Reengineering Internal Control (Enterprise Governance, Control, Audit, Security, Risk Management and Business Continuity) Take Note! Taking and Organizing Notes (Explorer Junior Library: Information Explorer Junior) Take Note! Taking and Organizing Notes (Information Explorer Junior) DIY Projects: Save Time & Money Maintaining Your Home With Simple DIY Household Hacks, Home Remedies: Increase Productivity & Save Time with Frugal Living ... And Organizing, Increase Productivity) Never Too Busy to Cure Clutter: Simplify Your Life One Minute at a Time De-Clutter, De-Stress Your Life Your Erroneous Zones: Step-by-Step Advice for Escaping the Trap of Negative Thinking and Taking Control of Your Life Time Management from the Inside Out, Second Edition: The Foolproof System for Taking Control of Your Schedule -- and Your Life [ENDOMETRIOSIS: THE COMPLETE REFERENCE FOR TAKING CHARGE OF YOUR HEALTH THE COMPLETE REFERENCE FOR TAKING CHARGE OF YOUR HEALTH] By Ballweg, Mary Lou (Author) 2003 [Paperback] Lose the Clutter, Lose the Weight: The Six-Week Total-Life Slim Down The Good Gut: Taking Control of Your Weight, Your Mood, and Your Long Term Health

[Dmca](#)