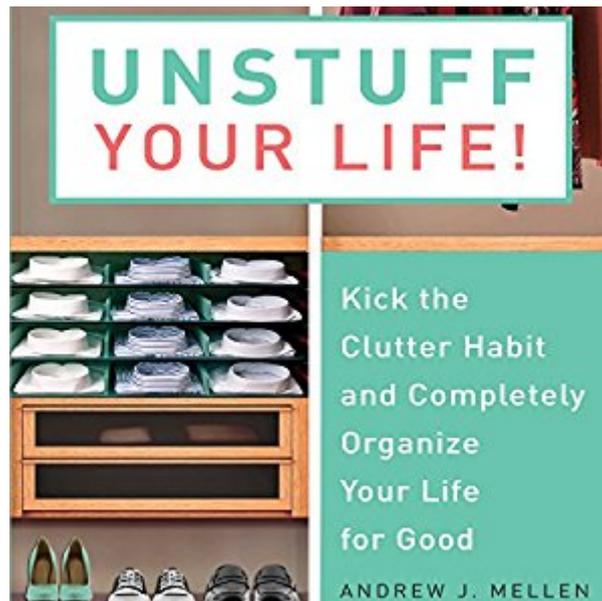


The book was found

Unstuff Your Life: Kick The Clutter Habit And Completely Organize Your Life For Good



Synopsis

One of the country's most sought-after professional organizers here makes his foolproof rescue plan available for everyone. Arguably the most organized man in America, Andrew J. Mellen has created unique, lasting techniques for streamlined living, bringing order out of chaos for a client list that includes attorneys, filmmakers, and even psychologists. With *Unstuff Your Life!* he puts his powerful program in the hands of his widest audience yet. Acknowledging that it's often the "stuff behind the stuff" that holds people back, Mellen offers an action-based plan to redirect clutterers from dwelling on their feelings. This simple shift yields immediate results that will help everyone achieve organizational bliss. Mellen's mix of humor, honesty, tough love, and foolproof strategies will motivate listeners to work through their feelings and make real behavior changes that will have long-lasting effects. Written in Mellen's signature no-nonsense yet hilarious tone, *Unstuff Your Life!* brims with personality, along with approaches not found in other organizing books. Built on the principle that we must distinguish ourselves from our possessions, *Unstuff Your Life!* starts with truly achievable goals and works toward the nightmare projects everyone tries hard to avoid. From the basement to the bedroom, the kitchen to the car, and more, listeners will learn: Where to find a permanent home for your keys and wallet How to sort the mail in a manageable and time-effective way What it means to group "like with like" How to tackle bills and budget How to problem-solve with your new skills, and more The result is absolute freedom from the burden of clutter - and more free time than you ever imagined possible. Please note: Lists and worksheets mentioned in the audio can be downloaded from <http://andrewmellen.com/uyl-downloads/>.

Book Information

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Customer Reviews

UnStuff Your Life, although focused on providing guidance related to organizing your home is really much more than that. In essence, it's could also be titled, How to Relieve the Stress of an Unorganized Life-- truly a self-help book that I found to be one of the best I've ever read. It provides a manageable process on how to reorganize each room in your home, while also identifying the obstacles in your life that have disrupted your personal journey. It is a must read for any stay-at-home or working mother trying to juggle multiple priorities simultaneously. As a working mother myself, I found the book to be so inspiring that i couldn't put it down. I read it on a long plane ride and found myself drawing diagrams of each of my rooms; indicating where things should be relocated. Andrew Mellen's philosophy of "everything needs a home" and put "like with like" is now something I think about daily. As a birthday, Mothers Day or Christmas gift, Unstuff Your Life should be at the top of the list.

Prior to reading Andrew Mellen's book I would have told anyone who asked - unequivocally - that my life is organized, clutter-free and pretty much seamless. I mean, so what if every once in a while I misplace my keys. Or the receipt for that item I intend to return. And doesn't everyone spend five minutes searching a myriad of drawers for a grater to shave some fresh ginger? And that rsvp card for my niece's wedding. It only took me ten minutes to get my hands on it...that's normal, right? Who needs inspiration to save all of five minutes of time and frustration here and there? Well, apparently I do. And in the highly capable hands of one Andrew Mellen, I'm now as unstuffed as a plush bear in a gorilla cage. Andrew approaches the keys to an organized life with a deft hand, with wit and candor and without preaching. Some of the tips and tricks he offers are seemingly obvious (keeping our house/car keys in one place, and one place only)...yet once deployed there's a strange sense of gratification each time I reach to grab the keys on a mad dash out of the house...they're magically in the same place, no hesitation...no foraging among papers and coat pockets. They're now where they are supposed to be. It saves times and alleviates stress. And it's carried one hundred fold throughout every corner of our home, now that I am an unstuffed diva. I'm so giddy with my newfound organization (read: freedom) that I'm tempted to do two shows nightly: "Step right up! Ask the lady of the house where anything is! Anything at all! No object too big, no object too small. She'll have it in her hands in less than one minute flat!" Beyond that, this workshop in a book serves up a genuine soul and psychic cleansing to detach from certain tangible items. And It makes for a lighter load - practically, spiritually and even fiscally. Well done, Mr. Mellen.

I love this book! It changed my life! I look at all "stuff" in a totally different way now! I don't feel chained to stuff any longer. My house has a lighter feel. The energy of the house flows! Andrew's ideas are great from attic to basement and every room in-between. But it's the rooms in my MIND that really got a good cleaning! Thanks Andrew!!!!

I've read several books regarding the clearing of clutter. Having parents who are hoarders gives me the motivation to stay on top of unnecessary accumulation. While other books are monumentally helpful in deciding what to keep and what to cast aside, as well as covering the mental attachments to such items, they don't delve far enough as to tell you what to do specifically with the items kept. Andrew's book leads the reader by the hand, guiding step by step through the removal of clutter, and continues through the placement and organization of kept items to the point where they are intuitively found in seconds, not minutes, hours, or even days. Since adopting Andrew's methods in my home and work space, I no longer wonder where I have placed my keys, phone, wallet, camera, important papers, and even grocery items. No longer will I wonder if I am out of butter, vanilla, or canned pineapple. I look and see immediately if something is missing. A very important part of Andrew's method is the use of common sense and humor in regards to an often touchy subject. He is never scolding, condescending, or cruel. And, unlike many professional organizers, he allows the reader to ultimately decide where to place things and what containers to utilize, rather than being subject to a laundry list of expensive and superfluous products from The Container Store. My only regret (and it was a very small one) is having bought the Kindle version of the book. While I am happy to save shelf space, I missed the convenience of writing in the book when doing the exercises. It was only a little inconvenient to write in a notebook, but looking back, the notebook takes up the same space the physical book would have. And in the long run, the monetary savings was only about 40 cents plus shipping. If you only buy one book to get clutter free and organized, make it this one. If you have already bought multiple books, donate those to Goodwill and get this one. You won't regret a minute spent reading it and utilizing its indispensable advice.

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(7 Habits of Highly Effective People Signature) Habit 5 Seek First to Understand then to be Understood: The Habit of Mutual Understanding (The 7 Habits) Habit 4 Think Win-Win: The Habit of Mutual Benefit (7 Habits of Highly Effective People Signature) Habit 2 Begin With the End in Mind: The Habit of Vision (7 Habits of Highly Effective People) Habit 1 Be Proactive: The Habit of Choice (The 7 Habits) Habit 7 Sharpen the Saw: The Habit of Renewal (7 Habits of Highly Effective People Signature) Habit 6 Synergize: The Habit of Creative Cooperation (7 Habits of Highly Effective People Signature) One Year to an Organized Life: From Your Closets to Your Finances, the Week-by-Week Guide to Getting Completely Organized for Good Organize Your Life, How To Be Organized, Productive & Happier In Life, Declutter Your Home and Be Productive at Work. (How to plan your life, Get Organized Book 1) The Clutter Diet: The Skinny on Organizing Your Home and Taking Control of Your Life Never Too Busy to Cure Clutter: Simplify Your Life One Minute at a Time De-Clutter, De-Stress Your Life De-cluttering Your Home or Garage Made Easy: How to Save Time, Money & Stress by Living a Clutter Free Life Lose the Clutter, Lose the Weight: The Six-Week Total-Life Slim Down Clutter Free: Quick and Easy Steps to Simplifying Your Space Work Clean: The life-changing power of mise-en-place to organize your life, work, and mind

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