



31 Days to a Clutter Free Life: One Month to Clear Your Home, Mind Schedule

By Ruth Soukup

Ruth Soukup, United States, 2014. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.Is Your STUFF Controlling Your Life? Ruth Soukup knows all too well how stressful it can be to have a home packed to the gills, with an overbooked schedule to match. After years of overspending left her wallet painfully empty and her home painfully full, she realized it was time for a massive change. She began clearing her life--and her home--of clutter, one small step at a time. Now, over the course of thirty-one simple but powerful daily challenges she is sharing exactly how you can do it too. 31 Days to a Clutter Free Life will empower and inspire you to clear your life of the clutter that is filling up your home, mind, and schedule, once and for all. Over the course of this one-month challenge, you can: Eliminate clutter in all areas of your home and instead create functional spaces for all of your family's many activities. Replace chaotic counters and overstuffed cupboards with a calming kitchen that makes cooking a joy. Overcome the destructive cycle of always needing more by paring down belongings to those you...

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