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The Clutter Trap: Learn How To Organize Your Life For Good!



Synopsis

Our homes, offices, and lives are more cluttered than ever before. A recent UCLA study revealed that American families are overwhelmed by their stuff. We are sold the idea that our things will save us time and money all while making our lives easier. But the truth is our stuff is suffocating our lives. Clutter costs money. It devalues our home. It takes up valuable space—both physically and mentally. Clutter sucks our time and keeps us from doing the things we want to do. It's a distraction and a source of continual stress. Big box office supply stores try to convince us that our problem is a lack of organization. We spend more money buying bins, labels, and dividers. The billion dollar self-storage industry is happy to take our money and store our stuff, costing us more than what our things are even worth. Learn how to escape the clutter trap and organize your life for good! This guide will teach you how to:

- * Recognize why we attract so much stuff in the first place*
- * Discover your personal reasons for holding on to things you don't need*
- * Take the first steps to letting go of the things you no longer use*
- * Organize the things that are important and worth holding on to

Plus, the Clutter Free Action Plan will set you up for success with only a 15 minute a day commitment. Just fifteen minutes a day! You can SO do this.

Book Information

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Customer Reviews

In Robin's e-book "How to Finally Escape The Clutter Trap", she breaks it down in practical terms, showing us:

- * Why we attract so much stuff in the first place
- * Our personal reasons for holding onto the things we don't need
- * The first steps to letting go of the things we no longer use
- * How to organize the things that are important and worth holding onto in 15 minutes a day. Yes, really.

She also provides four "Clutter Profiles" to help us understand what's really holding us back AND how we can individualize our action plan based on our clutter profile:

- * The "I'm Too Busy" person
- * The "I Spent Good Money" person
- * The "Save the Memories" person
- * The "Shiny and New" person

As a self-proclaimed Type A, who THRIVES on being organized, I found this book INCREDIBLY helpful. I read this in under 45 minutes, immediately put her tips into action, and have already begun to pull myself out of the 2014 clutter trap. Get it now - it's worth every single penny!

I bought this online as an ebook a month or so ago and it changed my life. I have purchased many books on decluttering and organizing your life in the past. None worked. Finally someone told me about this book. I have told many others. We all have had the same miraculous experience with it finally working! We are organizing and de-cluttering our lives! It was fun to read and it truly changed my way of thinking so completely that it was like Robin/author was in my mind and knew exactly what I was thinking and why I should/should not do this or that...my "excuses" in my mind of why I kept things were instantly in the next sentence as sort of "oh no you don't". I felt over and over like a little kid that got caught with my hand in the cookie jar! I have made amazing progress and feel so much better and lighter giving things away. Great book. So easy to read. Most important, it was so easy to see yourself in one of the profiles she gives and be able to finally understand "why" and move forward! HIGHLY recommend this book!!!!!!

Not ways to organize your stuff but to reduce the clutter items instead of just putting items in pretty boxes and saying there is no clutter. Addresses the how's and why we wallow in clutter. Not a shaming approach, but practical and efficient. Finished book at 11:30 at night, decluttered for 15 minutes before going to bed. Her approach is practical and doable. If you only buy one book on clutter, buy this one.

I really enjoy Robin's blog, and this particular book is right up my alley. As a minimalist, people often ask me how to get started on having a clean clear home and I find myself recommending this book quite frequently. Robin does a great job at walking one through the decluttering process and all the thoughts we have as we think through "letting go".

This book has made such a significant in my life and in the way I live. I usually have the hardest time keeping my room clean - I will clean it one day and it will be a disaster the next. But reading Robin's book opened my eyes to the fact that I have been trying to put a bandaid on my clutter issue rather than treating the core problem (something I had never really recognized before). I have attempted to organize my room multiple times with zero longterm success. Since reading the book and diagnosing myself as having a sentimental clutter issue, I went through my room and cleaned it out as I never had before ("things are not memories, and memories are not things") - I finally felt a freedom to get rid of countless items that I had been holding onto (and not using/paying any attention to) for years - simply because of a sentimental attachment. My room has stayed clean since (3-4 weeks)! I now have an understanding of what causes my desire to hold onto unnecessary stuff and am able to keep my life free of the burdens/stress that clutter brings. This book is an incredible guide for learning to live a balanced/healthy life in terms of the things that we own/buy/keep. If you struggle with keeping a space clean or have a propensity for accumulating excessive possessions and can't seem to get rid of the clutter - please read this book! It deals with the heart of the issue and helps bring about a change in perspective. (& check out her blog too! She is a very engaging and encouraging person to learn from).

I LOVED this book! I don't know where to start, but there are so many things that this book helped with. To name a couple, now my living areas are not cluttered and I hardly spend any time sorting them out. It doesn't feel like a big task anymore but it's really affected my mood not living in a mess anymore. I also loved the email inbox suggestions. For the first time in my life I'm finally on top of my emails and I haven't spent any extra time sorting them out either. Great book!

I enjoyed the background and reasons for living clutter free. The perspective of a naturally neat person was enlightening. The book needed more substance and detail in terms of getting decluttered and remaining so.

Severely over-priced for a 30-minute read. I think a price of \$1.99 or \$2.99 would be much more in keeping for the information this book contains. I would not recommend this to others based on the absurdity of the price alone. The author needs a decent proofreader and/or editor; four or five errors is too many to ignore or overlook. The free Kindle sample (chapter 1) was enticing and well written, but the remainder of the book went downhill quickly. This purchase was a notable disappointment to me.

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