



# Organizing for Life: Declutter Your Mind to Declutter Your World

*Sandra Felton*

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# Organizing for Life: Declutter Your Mind to Declutter Your World

*Sandra Felton*

## **Organizing for Life: Declutter Your Mind to Declutter Your World** Sandra Felton

Say good-bye to the stress of mess - for good! You can find the order, beauty, and peace you desire - and deserve - in your home. *Organizing for Life* reveals the secrets of keeping your house neat, clean, and organized without spending every minute of your life working on it. Finally an audio book that goes beyond the how-tos of cleaning and looks right at the heart of messiness so permanent change can take place. You'll learn why things are out of control so you can get them back in order and keep them that way. You'll uncover the mental and emotional roots of clutter - guilt, fear, rebellion, habit - so you can get rid of it. Even the best cleaning methods are useless if you can't keep up and soon slip back into old habits. Stop struggling. You can overcome that old, unsuccessful mind-set and discover a new way of thinking that makes messiness a thing of the past.

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