

10 Minute Digital Declutter The Simple Habit To Eliminate Technology Overload

Do you dream of a sharp mind focused on one clear purpose? The clutter in your life promotes chaos, disorder and confusion. It's keeping you from what you want, and it has to go. Your workspace is disorganized. Your home is full of stuff you don't need. Worst of all, your mind is constantly focused on the never-ending list of tasks you have to complete. You're stressed! You're unhappy! You feel like you want to run away. Will this turmoil ever end? In "Declutter Your Mind," I show you how to end the cycle of clutter that is clogging your creative flow and keeping you from achieving your goals. This is the guide that knocks some clarity back into your head, jars you from the spell you've been under and says, 'hey! It's time to simplify!' In this book you'll find out: -Exactly what elements in your physical, emotional and mental life are being cluttered -How your mental clutter is impacting your daily behavior -How to let go of what doesn't matter (including your phone) -How to bring it back to the simple things by prioritizing and focusing -About the best decluttering technique, which only takes 10 minutes -How to apply a step-by-step plan for crushing your bad clutter habits Every day, you can either add to your mental clutter, or help reinforce and clarify your goals. This book shows you how to keep it simple, so that you can be happy, focused and stress-free. End the habits that are weighing down your mind! With these incredible practices, you'll feel lighter and have more time to do what you love, with those you love. Discover the modern secrets of a decluttered mind in this guide. Get your guide now and thrive! Our guide covers the following topics: - Declutter Your Mind - declutter your mind how to stop worrying - How to Stop Worrying - Relieve Anxiety - Eliminate Negative Thinking - End Panic Attacks - Relieve Stress -

Imagine what you could achieve if you could only clear your mind The Little Book of Clarity shows you how to clear your head and get things done. Based on bestselling book, Clarity, this new edition has been distilled to the essentials, getting right to the point. With no vague theory or superfluous anecdotes, this book gets you right to work reducing stress and boosting productivity by uncovering your mind's in-built "self-clearing" capacity. As you begin to understand the concept of innate thinking, the benefits will start emerging in every corner of your life. As you think less, you'll win more — at work, at home, and at the game of life as a whole. You'll rid your mind of clutter for good as you focus on what matters, and finally free up the time you need to pursue your dreams. Life's constant bombardment of "to-do" and "urgent" pushes your own priorities clear off the radar. Before you know it, you're always busy, but not getting very much accomplished. Personal goals fall by the wayside as you struggle just to keep up with day-to-day life. This book shows you how to cut the noise and clear the fog, and start working on what matters to you. Harness the power of insight and principles Discover your true identity and innate wisdom Build better relationships and stronger connections Discard toxic goals and pursue authentic desires Clarity is the mind's natural state, a state to which it will always return if given the chance. Although it's evident in children, most adults have had this ability conditioned out of them by our "go-go-go" society, leaving them mentally muddy, stressed, and ineffectual. The Little Book of Clarity helps you erase that conditioning and gain the peace of mind to live a life you love — permanently.

Overcome negative thought patterns, reduce stress, and live a worry-free life. Overthinking is the biggest cause of unhappiness. Don't get stuck in a never-ending thought loop. Stay present and keep your mind off things that don't matter, and never will. Break free of your self-imposed mental prison. Stop Overthinking is a book that understands where you've been through, the exhausting situation you've put yourself into, and how you lose your mind in the trap of anxiety and stress. Acclaimed author Nick Trenton will walk you through the obstacles with detailed and proven techniques to help you rewire your brain, control your thoughts, and change your mental habits. What's more, the book will provide you scientific approaches to completely change the way you think and feel about yourself by ending the vicious thought patterns. Stop agonizing over the past and trying to predict the future. Nick Trenton grew up in rural Illinois and is quite literally a farm boy. His best friend growing up was his trusty companion Leonard the dachshund. RIP Leonard. Eventually, he made it off the farm and obtained a BS in Economics, followed by an MA in Behavioral Psychology. Powerful ways to stop ruminating and dwelling on negative thoughts. -How to be aware of your negative spiral triggers -Identify and recognize your inner anxieties -How to keep the focus on relaxation and action -Proven methods to overcome stress attacks -Learn to declutter your mind and find focus Unleash your unlimited potential and start living.

For readers of The Life-Changing Magic of Tidying Up and The Power of Habit comes a revelatory, witty guide to a clearer home and a more creative mind. Can a decluttered space fuel a creative mind? Heck yes, says organizing expert Fay Wolf, who has helped everyone from Hollywood celebrities to schoolteachers to work-from-home parents achieve a simpler, more fulfilling life. Here, Wolf outlines her basic rules for saying goodbye to the stuff crowding up your space and hello to new habits that free you up for the things you're passionate about. And it can all be done in as little as a few minutes a day. Learn how to create productive to-do lists • stem the flood of paper • downsize digital clutter and social media • arrange your space to spark creative juices • curb your desire to accumulate • collaborate and connect with others for support • embrace imperfection • keep up the momentum Wolf also shares her favorite productivity apps and resources for donating your many, many items. From the outer clutter of your home to the inner clutter of your chatty mind, this handbook will help you make room for artistic inspiration and invite you to treat yourself to less. Praise for New Order "Clarity, control, peace and quiet: All of these 'nebulous golden nuggets' can be obtained by following Wolf's sensible decluttering program."—The New York Times Book Review "Less stuff. Less paper. Less digital. These are some of the ingredients for a decluttered life to be found in New Order."—Los Angeles Times "New Order seriously changed my life."—Emily Deschanel "Fay Wolf is some kind of superhero."—Jesse Tyler Ferguson "Full of millennially minded tips that will help you clean-attack your space."—Refinery29 "The KonMari alternative you've been waiting for . . . [Wolf's] approach is about reducing chaos so you can focus on more important things, like creative pursuits. . . . The New Order method resonates with me."—PopSugar "Fay Wolf is living proof that being highly organized doesn't have to mean being sterile and rigid."—Apartment Therapy "Her message is about fun and freedom, rather than healing and fixing."—The Guardian "How can one possibly be productive when faced with so many obligations? Enter: The Triangle of Productivity."—InStyle "A smart, accessible, sensitive and charming book about clutter."—Hello Giggles "Wolf has helped individuals clean out and create space in their lives for decades . . . and now she's sharing her best tips with the world in this book."—Romper

Successful business entrepreneur Allie Casazza shares her powerful and proven method for clearing the clutter in our minds by first clearing the clutter in our homes, the place where transformation begins. When Allie Casazza first became a mom, she found herself struggling to make it through each day. She battled fatigue, depression, and the unsettling feeling that she didn't have what it took to do "this mom thing" well. When she realized the root of her burden was the overwhelm of physical clutter, she got intentional about what took up her space and time. The path she carved brought her and her family greater contentment and more

abundant living, and she shares it in her much-anticipated first book, *Declutter Like a Mother*. In her winsome, relatable style, Casazza has built a massive following--and a multimillion-dollar online business--based on her proven, family-oriented approach to living more simply. Her mission is to empower other moms to start making real, lasting change. Combining humor and a lighthearted kick-in-the-pants, *Declutter Like a Mother* will motivate readers to start taking action. Once referred to as an "in-your-face Marie Kondo for millennial moms," Casazza's advice is actionable, at times irreverent, and already proven to be life-changing. Organize your home...and your life. This invaluable resource gives you 400+ ingenious ways to get (and keep) your home organized in just ten minutes—less time than it will take you to find your misplaced keys! If you are about to give up the battle to finally organize your home, don't. Help has arrived with this book. Your dream of an organized home can be a reality. And it won't take a lot of time or money. Get good, proven, and effective advice on all of the challenge areas in your home: the kitchen, family rooms, home offices, basements, garages, and more. Also, learn tips for keeping chaos at bay when you throw parties, host holiday gatherings, and pack for vacations. Create order with these tips and many more: Organizing your kitchen cupboard into sections for each family member Organize your child's artwork in three-ring binders Recycle your birthday and holiday cards by making them into gift tags for future presents Your beautifully organized home is in sight with *10-Minute Tidy Home*.

Searching for a good way to get organized? Here are easy ways to declutter in minutes or less and simplify your everyday life! In this book, you'll learn: -The best way to organize every space in your house -The mindset and materials you'll need to get started -8 steps to form your decluttering habit -How to make money (or get a tax deduction) from your clutter -14 benefits of minimalist living -How to reclaim your life by letting go of your stuff -And much, much more!

Feng shui, the ancient Chinese art of placement, can transform your love life, financial situation, health, and overall happiness. With *10-Minute Feng Shui*, learn how to reap these benefits with just a few simple changes to your home decor. This amazing art is easier than you think: Put a vase of yellow flowers in your kitchen to increase your wealth. Place a live plant in your bedroom to improve your love life. Tie nine small bells on a red cord and hang it from your front door to bring happiness into your home. Hang a mobile in a sick room to clear congestion and respiration problems. And more. In just ten minutes, revive stagnant energy and bring "ch'i" into your home. Feng shui has been used successfully for centuries, and the tips in this book are the best of what the art has to offer. They're simple, they're fun, and they work!

Have you ever wished you had the time and tools to organize your house in a clutter-free, design-conscious, Pinterest-worthy way? From storage solutions and cleaning tips to secret space-saving methods and expert strategies, *The Complete Book of Home Organization* is packed with the tips and shortcuts you need to effectively organize your home. From small spaces and apartment solutions to how to tackle a big, messy home with a 15-week total home organization challenge, this book covers it all. *The Complete Book of Home Organization* spells out everything you need to de-clutter your house, store your belongings, and keep your home—and life—in tip-top shape. With high-quality design, intricate detail, and a durable flexicover—this manual is the perfect gift! Organize the 30 main spaces of your home, including the living and dining spaces, bedrooms and bathrooms, guest areas, baby and kids' rooms, utility spaces and garages, entryways and offices, patios and decks, closets and pet areas! Keep track of your pantry, holiday and craft supplies, weekly menu planning, keepsakes, and schedules. From the basement to the attic, this book covers every nook and cranny. With step-by-step instructions, detailed illustrations, and handy checklists, say goodbye to a messy home and wasted storage space!

"This isn't another Kondo-clone, because she dives into the heart of why decluttering is so difficult."— Booklist, STARRED Review Discover the freedom of a beautiful home, personal purpose, and joyful inner confidence Decluttering expert Tracy McCubbin offers revolutionary help to anyone who has repeatedly tried to break their clutter's mysterious hold. Her powerful answer lies in the 7 Emotional Clutter Blocks, unconscious obstacles that stood between thousands of her clients and financial freedom, healthy relationships, and positive outlooks. Once a Clutter Block is revealed—and healed—true transformation of home and life is possible. Her empowering techniques and strategies help you: Recognize and overcome your Clutter Block(s) to liberate your home. Lighten and purge without the rigidity of the other methods. Use your home to attain life goals like health, wealth and love. It's time to break through your Clutter Blocks and discover the lasting happiness waiting for you on the other side! Additional Praise for *Making Space, Clutter Free*: "What sets Tracy McCubbin apart is her kind and empathetic approach to organizing—she truly understands the psychology behind peoples' attachment to things."—Patricia Heaton "In *Making Space, Clutter Free* Tracy offers a realistic approach to managing your belongings. Instead of prescribing perfection, she understands our individual differences require individual strategies—and that it doesn't always need to be rational."—Cait Flanders, bestselling author of *The Year of Less* In *The Sentimental Person's Guide to Decluttering*, Claire Middleton offers a plan that you can work through, step by step, to turn your home into the welcoming, roomy haven you've always dreamed of, filled with charm, personality, and none of the mess you live with now. In this book, Claire shares tips that will help you give up the bulk of your sentimental clutter while keeping your most precious treasures to use and display.

Get rid of the clutter — and keep it away! Organizing expert Donna Smallin shows you how to enjoy the happy, healthy, and inviting home you long for with hundreds of time-saving, clutter-busting tips. Smallin's simple and manageable approach helps you focus on the things that will make the biggest difference in the least amount of time. Clear away the clutter once and for all, and discover the peace of mind that has been hiding underneath.

In *Search of the Good Life* Have you ever felt that your life--and budget--is spiraling out of control? Do you sometimes wish you could pull yourself together but wonder exactly how to manage all the scattered pieces of a chaotic life? Is it possible to find balance??? In a word, yes.?? Ruth Soukup knows firsthand how stressful an unorganized life and budget can be. Through personal stories, biblical truth, and practical action plans, she will inspire you to make real and lasting changes to your personal goals, home, and finances. With honesty and the wisdom of someone who has been there, Ruth will help you: * Discover your "sweet spot"--that place where your talents and abilities intersect. * Take back your time and schedule by making simple shifts in your daily habits. * Reduce stress in your home and family by clearing out the clutter. * Stop busting your budget and learn to cut your grocery bill in half. Who Needs This Book? *Living Well, Spending Less* was written to bring hope and encouragement to every woman who currently feels overwhelmed or stressed with a life--and budget--that feels out of control. It speaks to the mom trying to juggle all the demands of a busy life with the pressure to keep up with those around her. It is a practical guide for those of us who often long to pull ourselves together but don't always know how. It is real, honest, packed with practical tips, and speaks to the heart of the matter--how can we live the life we've always wanted? Want to know if this book is for you? * Do you ever find yourself comparing your life to those around you? * Have you ever wished for the courage to follow your dreams? * Do you ever

struggle to stay organized or get things done? * Have you ever felt loaded down with stuff you don't really need....or even really want? * Do you ever struggle to keep your finances on track? * Do you sometimes long for deeper, more authentic relationships in your life? If the answer to any of these questions is YES, this book provides real and practical solutions from someone who has been there. Ruth doesn't just offer advice, she walks it with you, and shares with brutal honesty her own mistakes, failures, and shortcomings. It is encouraging, motivating, and life-changing. What Others Are Saying: "An incredible book that will teach you how to spend smart without compromising a great life. Ruth's stories and practical advice will make you want to be a better mother, wife, sister, and friend." --RACHEL CRUZE, coauthor with Dave Ramsey of Smart Money Smart Kids "Ruth knows firsthand how mamas like us live crazy busy lives, and she steps in as a friend to help us manage and love every minute of it. She offers her best tips for gaining control over the chaos with wisdom-based insights on all things thrifty and family. I'll be reading it again and again!" --RENEE SWOPE, bestselling author of A Confident Heart

LEARN:: Why Most People FAIL At Getting Things Done Are you creating to-do lists that never get to-done? It's easy to start each workday with a lengthy list of tasks. Then something unexpected comes up. Next thing you know, the day is almost over. You work hard at a frantic pace, but you end up feeling frustrated because there's not enough time to do everything. We all write lists with the hope that they will turn us into productivity machines. Sadly, to-do lists often have the opposite effect. The wrong type of list can be de-motivating, causing you to slack off and procrastinate. **DISCOVER: How to Create To-Do Lists That are Both Actionable and Doable** The truth is anyone can write a list. The hard part is creating a list that's actionable and also fits into your busy life. More often than not, people fill their lists with a disorganized mess of tasks, wants, needs and random ideas. Then they sit around and wonder why they're not getting significant results in their lives. What's the solution? Rethink the way you manage your daily life. Specifically, you should use multiple lists that cover different types of task. That's the core concept you'll learn in the following book: "To-Do List Makeover: A Simple Guide to Getting the Important Things Done." **DOWNLOAD:: To-Do List Makeover - A Simple Guide to Getting the Most Important Things Done** "To-Do List Makeover" provides a step-by-step blueprint for writing effective, actionable lists. You will learn: ****7 Common To-Do List Mistakes (and How to Fix Them)******The #1 Tool for Capturing Ideas******How to Use a Project List to Identify Critical Tasks**** **When to Work on Routine, Daily Activities**** **Why the Weekly Review Helps You Get Things Done**** **THE App for Managing To-Do Lists**** **How to Complete Your THREE Important Tasks Every Day**** **8 Steps for Achieving Peak Results**** **How to Take Action (Even If You're not Motivated)**** **A Step-by-Step Process for Getting Results with Your Lists** It's not hard to take action on a consistent basis. All you need to learn is how to manage four types of lists on a daily basis. Would You Like To Know More? Download and get things done today. Scroll to the top of the page and select the buy button.

10-Minute Digital Declutter**The Simple Habit to Eliminate Technology Overload****Createspace Independent Publishing Platform**
CLEAR OUT CLUTTER AND CONFUSION! Do you ever wonder what's stopping you from parting with it, or how it would feel to let go of the stuff that consumes so much of your time and energy? Decluttering doesn't mean making do with less – it's about creating a space so that you can live your life unburdened by things, obligations, and people you don't really need. **THINK ABOUT THINGS IN A NEW LIGHT** Declutter Your Life opens your eyes to the effect all the stuff is having on your life. It explains how to let go of the things that don't matter so that you have more time, energy, and enthusiasm for the things that do. With a bonus chapter on building confidence and self-esteem, you'll improve your ability to declutter. The more you believe in yourself, the better your decisions and optimism. This book helps you: Simplify and improve your home and work life Let go of guilt and the emotional obstacles that keep you stuck in the past Feel less overwhelmed and stressed out by information overload Identify and clear out unnecessary commitments Move on from negative relationships

Bring your home out of the mess it's in—and learn how to keep it under control. Do you experience heart palpitations at the sound of an unexpected doorbell? Do you stare in bewilderment at your messy home, wondering how in the world it go this way again? You're not alone. But there is hope for you and your home. In *How to Manage Your Home Without Losing Your Mind*, Dana K. White explains, clearly and without delusions, what it takes to get—and keep—your home under control. With understanding, honesty, and her trademark humor, Dana shares her field-tested strategies including: Exactly where to start to tame the chaos Which habits deserve your focus and will make the most impact How to gain traction in your quest for a manageable home Practical tips you can implement and immediately to declutter huge amount of stuff with minimal emotional drama Cleaning your house is not a one-time project but a series of ongoing pre-made decisions. Start learning Dana's reality-based cleaning and organizing techniques—and see how they really work! Declutter your desk and brighten up your business with this transformative guide from an organizational psychologist and the #1 New York Times bestselling author of *The Life-Changing Magic of Tidying Up*. The workplace is a magnet for clutter and mess. Who hasn't felt drained by wasteful meetings, disorganized papers, endless emails, and unnecessary tasks? These are the modern-day hazards of working, and they can slowly drain the joy from work, limit our chances of career progress, and undermine our well-being. There is another way. In *Joy at Work*, bestselling author and Netflix star Marie Kondo and Rice University business professor Scott Sonenshein offer stories, studies, and strategies to help you eliminate clutter and make space for work that really matters. Using the world-renowned KonMari Method and cutting-edge research, *Joy at Work* will help you overcome the challenges of workplace mess and enjoy the productivity, success, and happiness that come with a tidy desk and mind.

#1 NEW YORK TIMES BESTSELLER • The book that sparked a revolution and inspired the hit Netflix series *Tidying Up with Marie Kondo*: the original guide to decluttering your home once and for all. **ONE OF THE MOST INFLUENTIAL BOOKS OF THE DECADE**—CNN Despite constant efforts to declutter your home, do papers still accumulate like snowdrifts and clothes pile up like a tangled mess of noodles? Japanese cleaning consultant Marie Kondo takes tidying to a whole new level, promising that if you properly simplify and organize your home once, you'll never have to do it again. Most methods advocate a room-by-room or little-by-little approach, which doom you to pick away at your piles of stuff forever. The KonMari Method, with its revolutionary category-by-category system, leads to lasting results. In fact, none of Kondo's clients have lapsed (and she still has a three-month waiting list). With detailed guidance for determining which items in your house “spark joy” (and which don't), this international bestseller will help you clear your clutter and

enjoy the unique magic of a tidy home—and the calm, motivated mindset it can inspire.

SIMPLIFY EVERYTHING:: How to Declutter Your Home with an Easy 10-Minute Daily Habit Imagine living a home that's free from clutter. Your closets, cabinets and possessions are all completely organized. Wouldn't you feel relaxed? You can make this happen with the daily decluttering habit. The good news? You can do this even if you're a busy professional or a parent who has little time for a massive organizing project. All you need is 10 minutes a day and you'll be amazed at what can be accomplished with the following "Declutter Challenge" system. **LEARN::** How to Develop the Declutter Mindset and Release "Giveaway Guilt" The best way to simplify your life is to create a new mindset where "less is actually more." Too much clutter leaves you emotionally and physically drained. What you will learn is how to reclaim your life by letting go of your stuff. In the book, "10-Minute Declutter", we show you how to declutter, the best way to organize every space in your house and what supplies you'll need to get started. **DOWNLOAD::** 10-Minute Declutter: The Stress-Free Habit for Simplifying Your Home The following declutter book provides a step-by-step plan for sorting, purging and organizing every space in your house in small, easy-to-manage time slots. We will cover: ** 8 Reasons Why You Haven't Decluttered ** 14 Benefits of Minimalist Living ** 8 Steps to Form the Decluttering Habit ** How to Pick the First Project in Your Home ** 15 Vital Questions to Ask Before Starting a Project ** How to Prepare and Stage Your Clutter ** Specific Steps for Each 10-Minute Project in Every Room ** How to Make Money with Your Clutter (or Get a Major Tax Deduction) ** A Detailed Shopping List of Organizing Supplies You'll Need You can simplify your home without feeling stressed or overwhelmed. The secret is to build the declutter habit and tackle your declutter project one day at a time. Would You Like To Know More? Download now to learn how to declutter, simplify, and organize your home. Scroll to the top of the page and select the buy now button.

DISCOVER: How to Declutter Your Digital Life and Stop Feeling Overwhelmed by Your Online Activities Don't like how your digital devices have become a disorganized mess? Tired of wasting hours on social media sites like Facebook, Pinterest, Instagram or Twitter? Or do you simply want to live a more simplified life? All these challenges are covered in the book: 10-Minute Digital Declutter: The Simple Habit to Eliminate Technology Overload About 10-Minute Digital Declutter Bestselling authors S.J. Scott and Barrie Davenport will show you how to systematically manage all the emails, media, documents, photos, videos, and apps that consume your daily life. This book is written for the person who is starting to recognize the danger of digital noise, but doesn't know how to live in this modern world without feeling overwhelmed. It's also for those who need a system for the information they do want. Not only will you get back more time, you'll also discover core strategies for maximizing the time you spend in the digital world. If you have a desire to live an organized, simplified digital life -- and to reclaim some of the time you spend with digital devices -- then download 10-Minute Digital Declutter today. Why You Should Check Out 10-Minute Digital Declutter This book will be a good fit if you: Feel overwhelmed by the sheer volume of information on your devices Can't easily find the emails, documents, or websites you're looking for Have little time to tackle a big digital declutter and organizing project Feel embarrassed and drained by the clutter and disorganization Find yourself afraid to delete anything for fear you might need it one day Feel yourself giving away too much time and energy to the virtual world Would like to change your priorities and learn to step away from your devices more often Get complaints from your boss, spouse, or family members about your digital clutter or disorganization, or about the time you spend online Simply desire a more organized, minimalist lifestyle The bottom line? If you have a desire to live an organized, simplified digital life -- and to reclaim some of the time you spend with digital devices -- then you should check out 10-Minute Digital Declutter. Take action now! Pick up your copy today by clicking the Buy Now button at the top of this page

Piles of junk in garages and closets, overflowing papers on desks, items unused for years, masses of unanswered email, clothing never worn, useless gifts that collect dust; all these things, says Brooks Palmer, come weighted with shame and guilt and have a suffocating effect on spirit and soul. In this insightful book, Palmer shows how to get rid of the things in our lives that no longer serve us. By tossing out these unneeded items, we are also eliminating their negative influences, freeing up energy, and unlocking our potential. Loaded with inspiring anecdotes and practical tips, Clutter Busting is based on the premise that your things are not sacred, but you are. The book explores such fundamental topics as the false identities we assume through clutter, the fear of change those junk piles represent, the addictive nature of holding on to objects, how clearing clutter makes room for clarity and sweeps away confusion and stasis, and much more. With Brooks's upbeat and compassionate guidance, you'll find yourself clearing the way for new and exciting things to come into your life.

Clutter affects us all: stressed time-poor professionals, couples rowing over their junk, older people with a lifetime's accumulated possessions, people working from home, growing families and people facing life changes such as divorce or bereavement. As we all consume and acquire more and more stuff, we feel increasingly overwhelmed by our possessions.

Discover new ways to clean your home and simplify your life in this handy and creative guidebook. Does your house bulge with clutter? Are your possessions weighing you down? Is your home an unorganized mess? Turn it around—ban sagging shelves, bulging cupboards, and bursting closets—with this fun and effective guide. In a step-by-step, easy-to-follow approach, the authors suggest ways to change clutter-accumulating behavior; show how to efficiently organize the possessions you need (with a strict definition of “need”); and examine dozens of ways to dispose of clutter. Declutter Anything offers serious advice that doesn't take itself too seriously. The emphasis is on uncomplicated, inexpensive solutions that are easy to implement and that produce life-changing results. Take the plunge and soon you'll be living and working slim, trim, and clutter-free.

Hate the negativity that often surrounds you? Feel stressed or anxious? Overwhelmed by our hectic, fast-paced modern society? These issues are often the direct result of a vicious cycle known as "unconscious living." You can be unconscious about your

lifestyle choices, habits, and thoughts. You can be unconscious about your true values, life priorities, and deeper longings. And you're unconscious from living in the present moment because you're preoccupied by past regrets and worries for the future. The solution is to incorporate mindfulness through your entire day -- so you can enjoy inner peace and happiness. And the simplest way to do this is to build a series of mindfulness habits. DOWNLOAD:: 10-Minute Mindfulness - 71 Habits for Living in the Present Moment In 10-Minute Mindfulness, Wall Street Journal bestselling authors S.J. Scott and Barrie Davenport show how to anchor yourself in the present moment, even if it's for just a few minutes at a time. This book is for anyone who recognize the need to improve their focus, productivity, happiness, and peace of mind. Not only can you choose from a selection of 71 mindfulness habits, you will also discover the practical tools to turn these actions into automatic behavior. In 10-Minute Mindfulness you can "choose your own adventure" and pick the mindfulness habits that will have the biggest positive impact on your life. Would You Like To Know More? Download now to reduce your stress, overcome anxiety, and live in the present moment. Scroll to the top of the page and select the buy now button.

Digital Declutter: The BIG Checklist is the guide for people who are drowning in their digital assets. It's for those of you being pulled under the waves of icons that flood your desktop each time you open your computer. I've written the checklist I wish was available when I started my digital decluttering journey. The BIG Checklist systematically helps you clean out your electronic cobwebs and digital dust bunnies so you can obtain digital minimalism. The easy to follow checklist format will help you master your digital footprint from your desktop icons to your photo storage, your banking sites to your music.* Organize your digital clutter from your travels around the worldwide web.* Right-size your digital assets with your digital storage.* Learn the skills to create good digital habits. By working step by step through The BIG Checklist, you will feel much more relaxed when you open your devices.* Your organized digital life will allow you work and play more efficiently.* Your devices will run a bit faster.* You will find tips on how to maintain your new found efficiency. A quest is best completed with friends, find a supportive partner or a whole team of friends! Take command of your digital clutter and begin your BIG computer clean out today.

Bursting with practical and relatable advice, this book injects enthusiasm, energy and some much-needed humour into the essential task of de-cluttering. Forget the holier-than-thou approach promising a whole new you if you alphabetise your sock drawer - this is decluttering for real people, with real lives. With a refreshingly honest approach, Debora tackles the best ways to deal with domestic dilemmas, cluttered kitchens and crowded cupboards. She includes handy tips and tricks for the average time-poor person. Tasks are broken down into achievable goals and 'quick fixes', allowing even the busiest of people to create, maintain and achieve a tidy home. And it's not just the home she tackles. Debora helps you banish anxiety and kick-start productivity with '10 de-cluttering commandments' and includes honest advice on how to conquer the fear of change. The busy writer, who has transformed her own cluttered home and mind using these techniques, also explores how best to unclutter your virtual world, from managing social media accounts to balancing email mailing lists.

"The perfect housekeeping guide for somebody who is overwhelmed with their mess and can't figure out how to start."

–Lifehacker "An accessible guide on how to clean for normal people." –Livestrong "It actually changed my life and my home; I'm serious." –Book Riot Finally, a housekeeping and organizational system developed for those of us who'd describe our current living situation as a "f*cking mess" that we're desperate to fix. Unf*ck Your Habitat is for anyone who has been left behind by traditional aspirational systems. The ones that ignore single people with full-time jobs; people without kids but living with roommates; and people with mental illnesses or physical limitations. Most organizational books are aimed at traditional homemakers, DIYers, and people who seem to have unimaginable amounts of free time. They assume we all iron our sheets, have linen napkins to match our table runners, and can keep plants alive for longer than a week. Basically, they ignore most of us living here in the real world! Interspersed with lists and challenges, this practical, no-nonsense advice relies on a 20/10 system (20 minutes of cleaning followed by a 10-minute break; no marathon cleaning allowed) to help you develop lifelong habits. It motivates you to embrace a new lifestyle in manageable sections so you can actually start applying the tactics as you progress. For everyone stuck between The Life-Changing Magic of Tidying Up and Adulthood, this philosophy is more realistic than aspirational, but the goal is the same: not everyone will have a showcase of a home, but whatever your habitat, you deserve for it to bring you happiness, not stress. If you want to discover how to get rid of clutter and organize your home so you can experience proven relief from your clutter headache, keep reading... Did you know: Clutter-related worry ranks as the 5th highest trigger for stress in Americans according to a Huffington Post A survey of 1,000 American women by OnePoll shows that 10% of these women experience a feeling of depression anytime they open their closets. A LexisNexis study shows that, of the numerous items we own, only 20% of them are put to use. If you have a countertop in your kitchen storing unused appliances, a pile of mail stacked in your home office, or messy floor areas that require a lot of navigating through, you have a problem - specifically, a home clutter problem. Home clutter is a serious issue that has affected our ability to appreciate the things that truly matter to us. Instead of relaxing and enjoying the time spent with family, a cluttered home can instead distract us from this. It can also mentally overwhelm us and stress us out. It is essential to address this problem. The end goal is not just to establish a welcoming living space, but to also make our home a starting point to a more satisfying and more uncomplicated lifestyle. A home decluttering strategy does not involve merely throwing things away. A practical solution focuses on dealing with clutter in an effective and efficient manner. It also consists of an approach that ensures long-lasting success that would positively impact you in general, making your life simpler and stress-free. Author Madeline Crawford understands the problem of home clutter. Having burdened with home clutter for years, she worked on applying different decluttering methods. Through personal experience and research, she has found out the best decluttering techniques that have helped change her life. In this complete step-by-step guide, she shares all her decluttering insights, including: How to effectively declutter more than 14 parts of the home - including 4 of the most clutter-prone areas for lasting clutter relief One essential approach required to improve your home declutter efforts drastically, and five steps on how to develop it so you can achieve long term results Seven useful tips on how to avoid getting overwhelmed while decluttering The five major causes of home clutter - and how we can prevent it from occurring again in the future A simple yet very effective decluttering strategy that you can use to solve your home clutter woes in no time. A powerful time-saving decluttering technique that you could perform during the weekend Six steps on how to declutter a vital storage space in your home for less hassle and more time saved The nine steps on how to declutter sentimental items of value - and five easy steps on how to deal with the emotional resistance attached to these items. And much, much more! Added BONUSES: Bonus 1: Includes a Bonus Chapter on how to declutter while moving Bonus 2: Easy to apply Quick Start Action Steps at the end of chapters to help you get the results you want If you follow our step-by-step roadmap, you'll see just how easy it is to declutter and organize your home and get the results you want. This book makes home

decluttering so simple and less overwhelming to do. And even if you have a very busy schedule or have never tried home decluttering before, the steps outlined in the book will help you get rid of clutter for good. If you want to transform your home into a place of tranquility, harmony, and more comfortable to live in, scroll up and click the "Buy Now" button right now.

Technology makes things faster, and simpler. At the same time, with all the technology that surrounds us on a daily basis, everyone is awash in too much information. Our computers, phones, tablets, work projects, tax and other files, and various online accounts all store data. It's a lot! Can anything be done? Yes! 'Declutter Your Data' is for anyone who is interested in making better use of technology, cleaning up their digital clutter, and coming up with an organized and efficient way to access their data going forward. This book guides readers step by step through the process of figuring out what data is important to them; wrestling with the information to clear out what's not useful and organize what they want to keep; and dealing with the ongoing data maintenance aspect that is a necessity in this digital age. Following author Angela Crocker's advice and putting these ideas into practice will reduce your digital clutter, make you more efficient, help you save time, and give you a happier relationship with your information, clearing your mind for more important things.

Is clutter controlling you? You need this feng shui cure to declutter your space and transform your life! If you think clutter is a fact of life, think again. Feng shui, the ancient Chinese art of placement, can help you organize every aspect of your life, both at home and in the office. With the simple tips and tricks in this book, you can learn the secrets of this age-old clutter elimination system in no time. Best-selling 10-Minute Feng Shui author Skye Alexander shows you how to transform your environment, and in doing so, transform you life as well! Designed with today's busy person in mind, 10 Minute Clutter-Free Home breaks down organization into easy tasks that take only minutes to perform, which provides both a sense of order and peace of mind. Use plants to absorb emotional and mental clutter Use a consistent color scheme throughout your home Use a board instead of post-it notes to organize your life And much more With 10 Minute Clutter-Free Home, you can eliminate bad habits, develop new and better ones, and attract the new luck, love, and harmony that accompany a well-managed life.

Read the Wall Street Journal Bestseller for "cultivating intense focus" for fast, powerful performance results for achieving success and true meaning in one's professional life (Adam Grant, author of Give and Take). Deep work is the ability to focus without distraction on a cognitively demanding task. It's a skill that allows you to quickly master complicated information and produce better results in less time. Deep Work will make you better at what you do and provide the sense of true fulfillment that comes from craftsmanship. In short, deep work is like a super power in our increasingly competitive twenty-first century economy. And yet, most people have lost the ability to go deep-spending their days instead in a frantic blur of e-mail and social media, not even realizing there's a better way. In Deep Work, author and professor Cal Newport flips the narrative on impact in a connected age. Instead of arguing distraction is bad, he instead celebrates the power of its opposite. Dividing this book into two parts, he first makes the case that in almost any profession, cultivating a deep work ethic will produce massive benefits. He then presents a rigorous training regimen, presented as a series of four "rules," for transforming your mind and habits to support this skill. 1. Work Deeply 2. Embrace Boredom 3. Quit Social Media 4. Drain the Shallows A mix of cultural criticism and actionable advice, Deep Work takes the reader on a journey through memorable stories-from Carl Jung building a stone tower in the woods to focus his mind, to a social media pioneer buying a round-trip business class ticket to Tokyo to write a book free from distraction in the air-and no-nonsense advice, such as the claim that most serious professionals should quit social media and that you should practice being bored. Deep Work is an indispensable guide to anyone seeking focused success in a distracted world. An Amazon Best Book of 2016 Pick in Business & Leadership Wall Street Journal Business Bestseller A Business Book of the Week at 800-CEO-READ

Life is a journey and like most of journeys leaves behind emotional memories as well A LOT of stuffy clutter... Time to get back your living spaces has come! Learn how to free yourself from useless personal belongings by downsizing and organizing your home in just 10 minutes a day per 30 days! Because your happiness is that of your loved ones... How many times entering your house, office or any other living space of your day-to-day activities, find yourself pretending not to see ALL THAT MESS around you? The room just doesn't feel as spacious as it used to, you might think... Would you like to do something (maybe tomorrow?) but the memories (and laziness...) connected to those things will just hold you... Everyone's life, for different reasons, leads us to buy, receive and gather an incredible amount of things. Things, which over time broke, were no longer used and then set aside. This is why these accumulate on the bottom of the wardrobes, in the closets, on the shelves of bookcases and in any corner of our house. But one day someone will have to throw them away...and rest assured that this won't be an easy nor emotionless task to your loved ones... The practice of starting to clean up yours stuff as you approach your later years is quite common in Scandinavia, where it is lived without embarrassment or taboo, but rather as a sign of great civilization. This noble practice, the Swedish Death Cleaning that has come to the forefront in recent years, provides you with a systematic approach and most effective strategies to get rid of your mess by decluttering your life, home and living spaces, making your later stages as smooth and stress-free as possible. Contrary to what one might think, the conceptual framework behind the Swedish Death Cleaning is in itself not limited to a specific age alone, as persons of different ages can also learn from its concept of minimalism and live a clutter-free life. Designed, optimized and arranged in a 30 days challenge, this workbook will provide you with unmatched daily step-by-step guide taking you through the whole process of death cleaning in just 10 minutes a day. You'll get access to easy and proven day-by-day best practices that will exactly shows you the activities and exercises to be carried out, as well as when and how to perform them. All this by helping you with the essential and powerful daily checklists featured in this book to assist you implementing your decluttering process to a healthy and happy life. Here is what you'll learn: Introduction to the noble art of Death Cleaning, what is it and the importance of starting it to a Happier Life regardless of age; The importance of decluttering in the Stress and Financial management; Tips and strategies to declutter your useless stuff overcoming clutter emotions; Stop hoarding unnecessary items and live an essential and happier life; The detailed 30 days challenge that will guide you through a step-by-step process to declutter your life, day by day, week by week, room by room and item by item; Learn and apply mind decluttering techniques; You know it's time to take responsibility for the things you own taking care of them before they become a burden to your friends and family.

Always remember that what your loved ones will need are your memories not just piled junks! Are you ready to get rid of clutter once and for all? Don't let things take control of your life! Scroll up and hit the BUY NOW button and join the 30 days Challenge to get back your life!

A New York Times, Wall Street Journal, Publishers Weekly, and USA Today bestseller "Newport is making a bid to be the Marie Kondo of technology: someone with an actual plan for helping you realize the digital pursuits that do, and don't, bring value to your life."--Ezra Klein, Vox Minimalism is the art of knowing how much is just enough. Digital minimalism applies this idea to our personal technology. It's the key to living a focused life in an increasingly noisy world. In this timely and enlightening book, the bestselling author of Deep Work introduces a philosophy for technology use that has already improved countless lives. Digital minimalists are all around us. They're the calm, happy people who can hold long conversations without furtive glances at their phones. They can get lost in a good book, a woodworking project, or a leisurely morning run. They can have fun with friends and family without the obsessive urge to document the experience. They stay informed about the news of the day, but don't feel overwhelmed by it. They don't experience "fear of missing out" because they already know which activities provide them meaning and satisfaction. Now, Newport gives us a name for this quiet movement, and makes a persuasive case for its urgency in our tech-saturated world. Common sense tips, like turning off notifications, or occasional rituals like observing a digital sabbath, don't go far enough in helping us take back control of our technological lives, and attempts to unplug completely are complicated by the demands of family, friends and work. What we need instead is a thoughtful method to decide what tools to use, for what purposes, and under what conditions. Drawing on a diverse array of real-life examples, from Amish farmers to harried parents to Silicon Valley programmers, Newport identifies the common practices of digital minimalists and the ideas that underpin them. He shows how digital minimalists are rethinking their relationship to social media, rediscovering the pleasures of the offline world, and reconnecting with their inner selves through regular periods of solitude. He then shares strategies for integrating these practices into your life, starting with a thirty-day "digital declutter" process that has already helped thousands feel less overwhelmed and more in control. Technology is intrinsically neither good nor bad. The key is using it to support your goals and values, rather than letting it use you. This book shows the way.

Feel overwhelmed by your thoughts? Struggling with anxiety about your daily tasks? Or do you want to stop worrying about life? The truth is...We all experience the occasional negative thought. But if you always feel overwhelmed, then you need to closely examine how these thoughts are negatively impacting your lifestyle. The solution is to practice specific mindfulness techniques that create more "space" in your mind to enjoy inner peace and happiness. With these habits, you'll have the clarity to prioritize what's most important in your life, what no longer serves your goals, and how you want to live on a daily basis. And that's what you'll learn in Declutter Your Mind. DOWNLOAD: Declutter Your Mind -- How to Stop Worrying, Relieve Anxiety, and Eliminate Negative Thinking The goal of this book is simple: We will teach you the habits, actions, and mindsets to clean up the mental clutter that's holding you back from living a meaningful life. You will learn: ** 4 Causes of Mental Clutter ** How to Reframe ALL Your Negative Thoughts ** 4 Strategies to Improve (or Eliminate) Bad Relationships ** The Importance of Decluttering the Distractions That Cause Anxiety ** A Simple Strategy to Discover What's Important to YOU ** 400 Words That Help Identify YOUR Values ** The Benefit of Meditation and Focused Deep Breathing (and How to Do Both) ** How to Create Goals That Connect to Your Passions Declutter Your Mind is full of exercises that will have an immediate, positive impact on your mindset. Instead of just telling you to do something, we provide practical, science-backed actions that can create real and lasting change if practiced regularly. Would You Like To Know More? Download now to stop worrying, deal with anxiety, and clear your mind. Scroll to the top of the page and select the buy now button.

Clear a path to the life you want with this bestselling motivational journal by the professional organizer and host of HGTV's Hot Mess House! Even for the most organized among us, messes find their way into our homes and lives—and sometimes we can't seem to find the strength or time to tackle them. That's where this motivational guided journal by decluttering guru Cassandra Aarssen comes in. Cas climbed out of years of cluttered living and transformed her home and her life through organization. In this self-help journal, she guides you through favorite tips and tricks that she used to declutter her home and find her way to a more organized and peaceful life. With pages and pages of decluttering and organizational tools, including supporting prompts and writing exercises, this interactive journal is designed to help you declutter your home and life through mindfulness and self-motivation. Learn how to navigate the chaos of clutter by taking the time to understand yourself and the underlying meaning behind your clutter. Filled with inspiration and open-ended questions, The Declutter Challenge helps you work through both the emotional and the physical clutter in your life. Explore your thoughts and feelings about your belongings—and discover the knowledge and strength to let go of excess. Pacify Your Anxious Mind: The Mindfulness Clarification to Cope with Anxiety, Fear and Panic draws on the various strategies and perspectives from different beliefs and traditions, Ishita Gauhri, (Child Psychologist and a Professional Family Therapist) presents a self-help classic that offers you a powerful and profound approach to overcoming anxiety, fear, panic and stressful thoughts. From the ritual of Western medicine, learn the role your thoughts and emotions play in anxiety. And, from the ritual of various techniques of meditation and the inquiry into meaning and purpose, spot your own potential for presence and stillness, kindness and compassion--and the tremendous power these states give you to heal and transform your life. This book is a welcome addition to help those who are burdened by fear, worry, anxiety, or panic and would like to do something to improve the situation. If you have been diagnosed with an anxiety disorder and being treated for that, or if you have no diagnosis but feel the pain of fear, worry, anxiety, depression or panic from whatever source, the approach in this book is directed at you. Health-care providers who seek to aid those beset by fear, worry, anxiety, depression or panic will find useful information about mindfulness and meditation, as well as a valuable support for their own meditation experience. This book will take you on a journey to conquer your fears, anxiety, depression and

stressful illusions around your daily life situations, and help you become the person you always wanted to be: fully present and conscious. It will arm you with practical, hands-on strategies. Will you take this journey?

Overwhelmed with unnecessary stress and piles of useless stuff? Discover how to ditch society's expectations and live by your own rules. Exhausted from chasing ill-fitting definitions of success? Struggling to manage your daily to-dos while failing to make progress on what truly matters? Author and digital nomad Gary Collins has thrived since walking away from a stable, unfulfilling job to build a joyful, debt-free, and off-the-grid lifestyle. After teaching thousands of people to step off the burnout treadmill, he's here to share the step-by-step process for living your dream. The Simple Life Guide To Decluttering Your Life: The How-To Book of Doing More with Less and Focusing on the Things That Matter provides realistic solutions to guide you toward a genuinely happy life. With straightforward, no-nonsense advice, Collins demonstrates how to overcome crippling frustration to reorder your priorities. The book's path to your new purpose will help you once and for all usher in a healthier, better way of living. In The Simple Life Guide To Decluttering Your Life, you'll discover: - What freedom really looks like and how to harness it - Inspiring models for uncovering your purpose and vision - A healthy money mindset to make your assets work for you - A fresh outlook on your physical and mental health to invigorate you for your new lifestyle - How to tidy up your life inside and out with actionable solutions, and much, much more! The Simple Life Guide To Decluttering Your Life is the third book in an eye-opening series that provides time-tested steps to create your new definition of success. If you want to break free, be true to yourself, and live your best life, then you'll love Gary Collins' transformative advice. Buy The Simple Life Guide To Decluttering Your Life to gain more by letting go today!

A beautifully colour-illustrated pocket guide to decluttering your home and life by using specific tools and strategies

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