



One Thing At a Time: 100 Simple Ways to Live Clutter-Free Every Day

Cindy Glovinsky

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Simple, effective ways to put things in their place

Those piles of papers, clothes, and other things you thought you'd successfully de-cluttered have returned, and this time they brought friends. What's the use of trying to fight the clutter? Is there a better way?

This powerful and useful guide delivers solutions that work, no matter how overwhelmed you feel. The answer isn't an elaborate new system, or a solemn vow to start tomorrow. Instead, psychotherapist and organizer Cindy Glovinsky shares 100 simple strategies for tackling the problem the way it grows--one thing at a time. Here's a sampling of the tips explained in the book:

- *Declare a fix-it day
- *Purge deep storage areas first
- *Label it so you can read it
- *Get a great letter opener
- *Practice toy population planning
- *Leave it neater than you found it

Written in short takes and with a supportive tone, this is an essential, refreshing book that helps turn a hopeless struggle into a manageable part of life, one thing at a time.

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