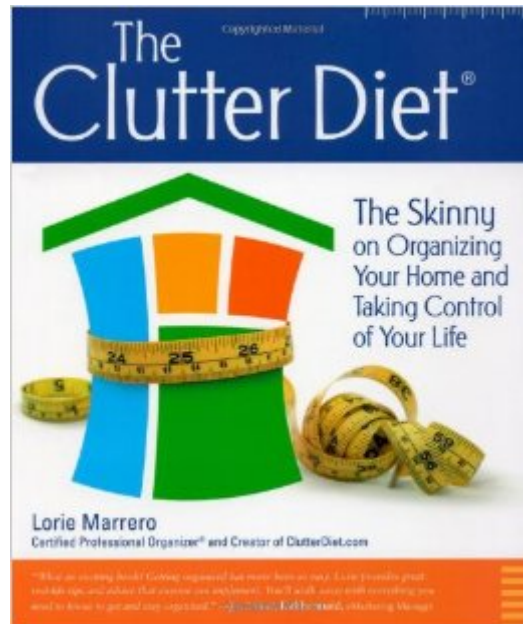


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# The Clutter Diet: The Skinny On Organizing Your Home And Taking Control Of Your Life



## Synopsis

Now a Wall Street Journal bestselling ebook! Get your house in shape! Applying just an ounce of the advice in this practical guide saves you enough time and money to pay for itself. You will learn:  
The actual scientific law of nature that helps you get organized  
The cure for procrastination  
Ten types of High Calorie Clutter to avoid  
Where to start and how to tackle your projects  
How to successfully add new habits into your life  
Praise for The Clutter Diet: 'As a successful organizing coach, I immediately related with Lorie's motivational concepts in The Clutter Diet. Applying these principles can change your life!' --Dorothy Breininger, President of Delphi Center for Organization, Dr. Phil Show expert and author of Chicken Soup for the Soul: Life Lessons for Organizing and Balancing Your World  
'What an exciting book! Getting organized has never been so easy. Lorie provides great real-life tips and advice that anyone can implement. You'll walk away with everything you need to know to get and stay organized.' --Jim Deitzel, Rubbermaid, eMarketing Manager

## Book Information

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## Customer Reviews

Lorie Marrero is no stranger to clutter. I know this because her blogs and website have helped me sort through four storage units (saving me hundreds of dollars each month!) and most of my condo. Comparing the clutter of our lives with diet makes a lot of sense. Diet...we don't gain weight overnight and we can't lose it overnight. Same goes for clutter. All we need is a plan. Lorie provides us a plan to release this clutter. There are many excellent books on Clutter and organization. This is

one of them. Lorie helps you understand how the clutter is acquired and how to get it out of your life forever. It's not an easy task but this book helps you each step of the way. The book is broken down into four main sections, Getting Motivated, Clutter Prevention, Clutter Reduction, and Maintenance. Prevention helped me as much as the actual decluttering sessions. I learned to see "what enough looks like" - sounds simple but I did not know. So my "homes" for my items were overflowing. I am now learning what enough looks like. The final section in the book breaks it down to suggestions on a room by room basis. She suggests products to help you along the way but you don't need to buy anything (other than the book) to implement Lorie's system. This book is very easy to read and well organized.

Lorie Marrero makes the cogent point that a cluttered life is a reflection of a cluttered mind. Using the metaphor of a food diet for the process she recommends to organize your life is inspired since the two have much in common---eating junk food is the nutritional equivalent of a home cluttered with junk. First, I really liked the graphic design of this book. Its paperback format is oversized and the pages have a spacious, inviting feel. The lines are spaced with extra leading so large sections of copy don't feel ponderous and overwhelming. Generous amounts of white space enhance the approachability of this 260 page book. In short, it's an easy read. Another intelligent element of this book is the author's knowledge that any form of habit-breaking program needs outside support in order to succeed. Unless there are others providing some oversight to our efforts, it's human nature to back-slide. She accurately points out that 95% of people will likely achieve a goal if they have specific accountability with a person to whom they are committed (think Alcoholics Anonymous here). A website [...] provides support and tools, including a free downloadable companion workbook, to help keep your decluttering efforts on the straight and narrow. Marrero spends a considerable portion of the book devoted to the psychological aspects of cluttering. Procrastination is, she says, the major reason why people clutter. Procrastination robs you of your energy (it's called the karm of incompletions). Specific exercises are provided to overcome the various mental barriers to leading an organized life. Besides the obvious clutter---Beanie Baby collections, stacks of magazines, clothes you haven't fit in since college, that junky crap that you get for free---Marrero addresses other forms of "clutter" in our lives. Time clutter is a subject that could (and has) been the subject of a book all on its own. The author provides a 12-Step Program called Overdoers Anonymous to tackle the time clutter problem. There's also the exponentially increasing problem of modern life she calls Communication Clutter---emails, junk mail, spam, telemarketers, and all that other inconsequential and unimportant online and telecommunications "stuff" that eats away at the

time we have here on earth. The back of the book includes room by room "recipes" with the "ingredients" for successful decluttering. There's a lot of meat here (to use the author's food analogies) and also requires the most actual physical work. So it's not an easy section to get through. There's a lot of take-away in this book that more than justifies its price. I've read two other highly recommended books about getting rid of clutter in your life and learned a lot. But this is the best book on the subject by far, in my opinion. Start here before you look anywhere else.

I've read several "clean up the clutter" guides recently, including "It's All Too Much" by Peter Walsh, and this book stacks up well against all the recent titles. I really liked Lorie Marrero's "hook"--that organizing your home is a lot like learning to eat well--because it takes into account both the short-term and long-term aspects of combating clutter. Anyone who's interested in buying a book like this is probably facing a fairly serious situation and needs immediate help, but needs a longer-term framework or philosophical approach too in order to stay uncluttered. Marrero's diet analogy works on both counts: you can go on a "clutter diet" to make an immediate, noticeable impact, but then you maintain your new "physique" (your less-cluttered home) through consistently-applied new behaviors. In short, I really liked the book, I liked the writing and tone (it read as if the author was walking through my house with me, giving suggestions and moral support), I liked the helpful format, and I definitely recommend this book to anyone seeking help in getting their stuff under control.

I purchased the Kindle edition of this book. The formatting leaves a lot to be desired - it added frustration to reading. This book contains some great ideas and resources. Basic common sense rules. If you are willing to do the exercises, it will work for you. My main gripe other than the Kindle version is the way she hawks her website and services.

While there is some extremely valuable information contained in this book, the constant references to "our paid clients", etc. are offensive and distracting for those who truly want to apply the ideas. Apparently if I am really smart, I will apply their "ruler" to my situation and just pay some one to fix my situation and add this book to the "give away" pile! I have decided not to let the repetitive "commercials" prevent me from getting my money's worth out of the book I already paid for though. After eleven chapters of the propaganda, I just took a minute to get a piece of card stock and a marker and am "editing" out the references so I can use the information without the insinuations that I need to spend more money on the author's website subscriptions or services or cannot apparently

apply the information without them!

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