

Teach Yourself Decluttering



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Banish clutter and free yourself "Teach Yourself Decluttering" takes you step by step--and room by room--throughout your home and office to help you organize your life. Understanding that clutter is often psychological, this guide first helps you identify why you cling to clutter. Then, through a realistic and effective action plan, along with lots of inspirational advice, the author shows you how to: Reduce your paperwork--on your desk and in your computer Get crafty about corralling clutter Keep closets under control

作者介绍:

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