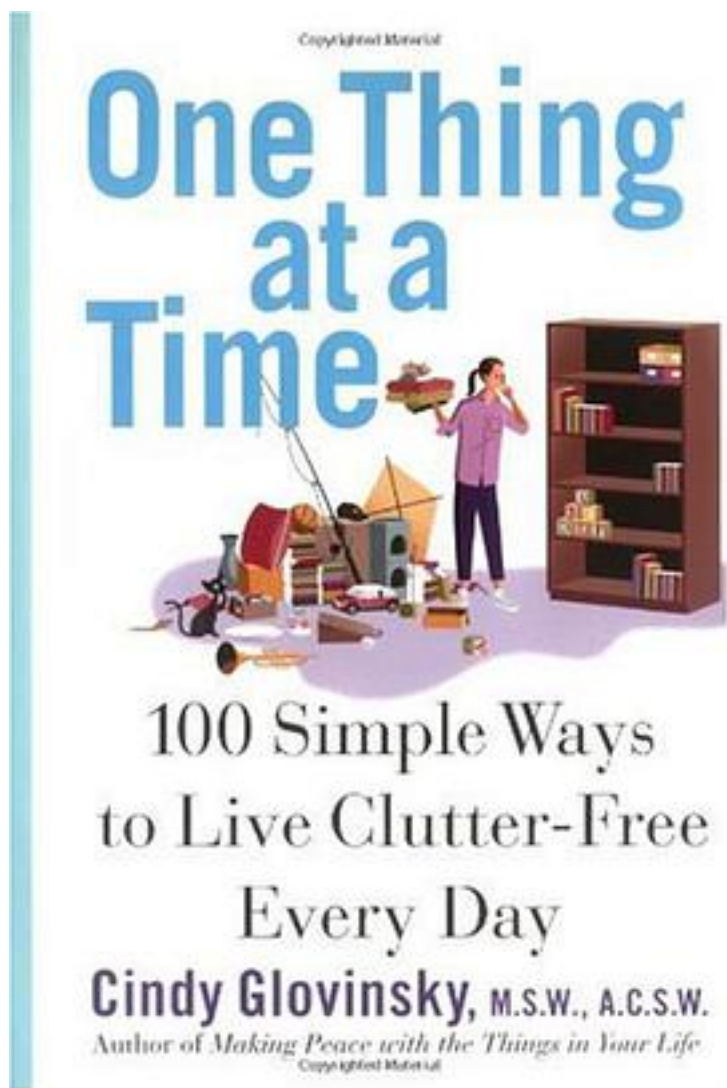


One Thing at a Time



[One Thing at a Time 下载链接1](#)

著者:Glovinsky, Cindy

出版者:St Martins Pr

出版时间:2004-7

装帧:Pap

isbn:9780312324865

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 itWritten 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.

作者介绍:

目录:

[One Thing at a Time_下载链接1](#)

标签

英语读物

三年级

评论

[One Thing at a Time_下载链接1](#)

书评

One Thing at a Time 下载链接1