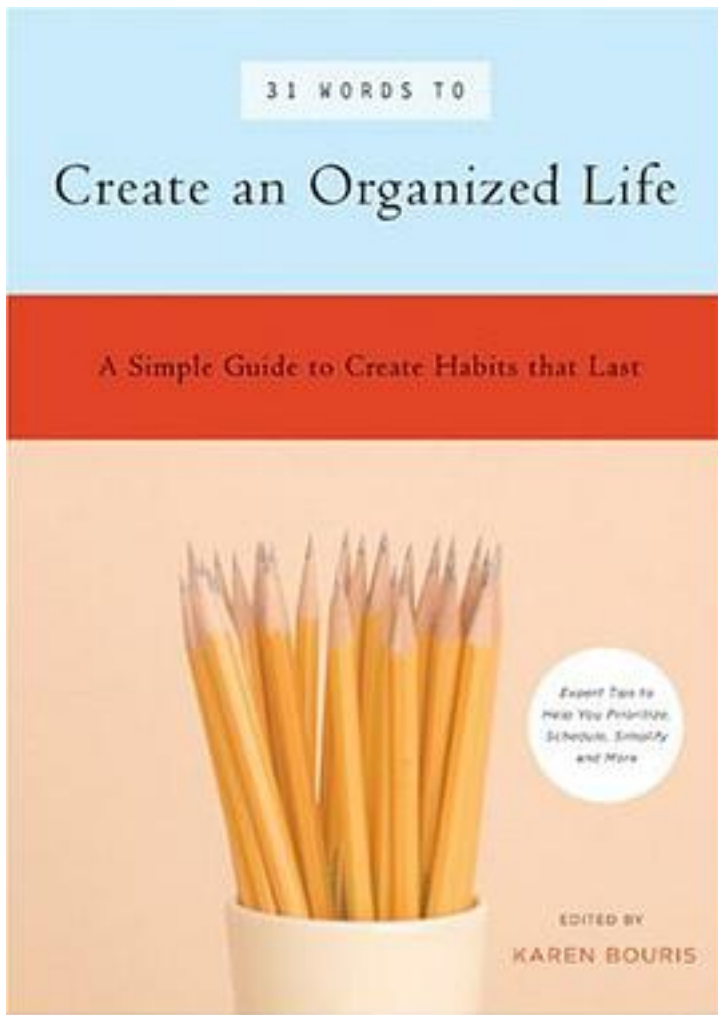


31 Words to Create an Organized Life



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Books about organizing the clutter that plagues most people can be as daunting as the

clutter itself. 31 Words to Organize Your Life streamlines this process to its essence by tapping the power of a single word. Drawing from a variety of spiritual traditions, ancient wisdom, and contemporary psychologists, the book helps readers uncover and cultivate their own hidden powers of focus, determination, and concentration to eliminate clutter in their lives. Each entry includes a single word, an accompanying essay, along with three thoughtful tips or exploratory questions, plus an affirmation or meditation. Whether the challenge is in time management, office clutter, or disorganized closets, 31 Words to Organize Your Life shows how to harness the power of a single word to transform a project — and a life — from the inside out. Designed for portability, the book helps even the most disorganized person conjure peace and order from chaos.

作者介绍:

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