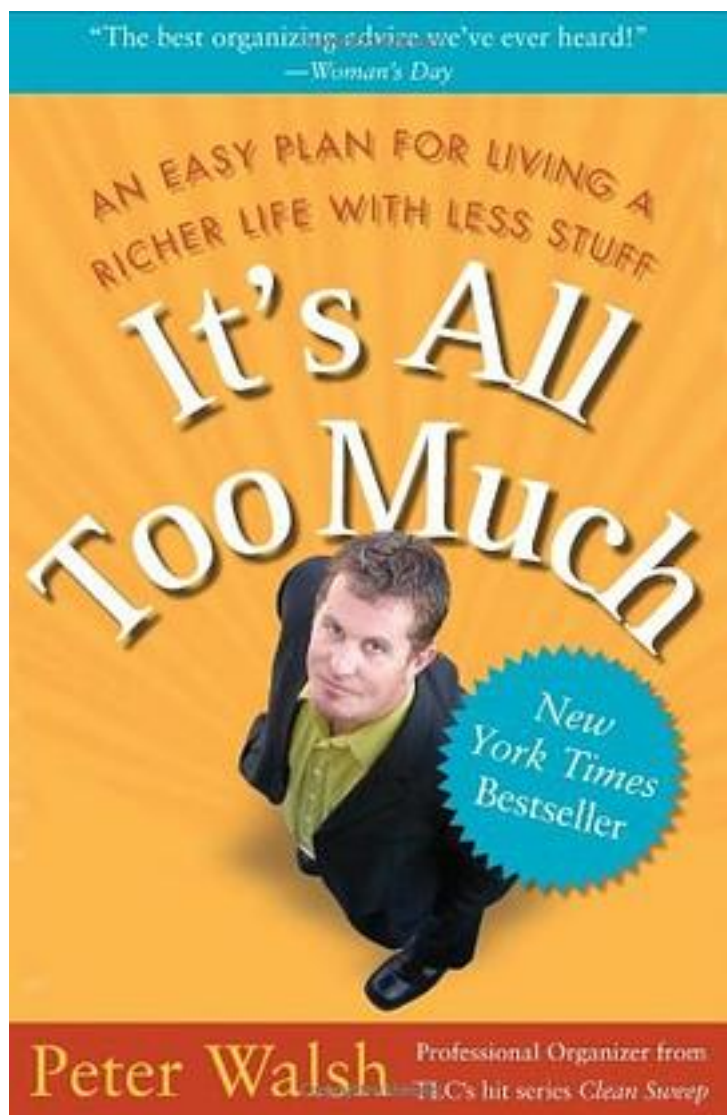


It's All Too Much



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When Peter Walsh, organizational guru of TLC's hit show Clean Sweep and a regular contributor to The Oprah Winfrey Show, appeared on national television shows and told people how they could reclaim their lives from the suffocating burden of their clutter, the response was overwhelming. People flooded Peter's website (www.peterwalshdesign.com) with success stories about how his book had changed their lives.

Peter's unique approach helped people everywhere learn to let go of the emotional and psychological clutter that was literally and figuratively choking the life out of their homes.

With his good humor and reassuring advice, Peter shows you how to face the really big question: What is the vision for the life you want to live? He then offers simple techniques and a step-by-step plan to assess the state of your home, prioritize your possessions, and let go of the clutter you have been holding on to that has kept you from living the life you imagine. The result is freed-up space, less stress, and more energy for living a happier, richer life every day.

作者介绍:

Peter Walsh is an organizational consultant and the author of *How to Organize (Just About) Everything*. His media exposure includes appearances on The Early Show and Fox News, as well as in such publications as USA Today, The New York Times, and Real Simple. He divides his time between Los Angeles and Melbourne, Australia. For more information about Peter visit www.peterwalshdesign.com.

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标签

评论

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书评

最近一直在拼命的思考怎么要把家里弄的很简单。想处理掉很多东西。真的，东西太多，就不是我们拥有东西而是东西控制了我們。心情不容易干净明朗。一直买买买，东西只进不出，也不回头好好看看自己到底已经有了些什么，买的是不是真的需要。或者那些一直不舍得扔掉的东...

《减法生活》这本书在一大叠的励志、管理、心灵类书中，显得很不一样。如今所有的博客和书都在教你怎样多做事并且把它们搞定，然后显得更富有成效。而这本书记教你少做事，做得更少，而且这里并不是仅仅整理杂物这么简单，他包括了恋爱、工作、家庭、金钱、健康、价值观等各...

真的是拥有越多越容易迷失，拥有的越少将越容易倾听到内心的声音。简单就是一种美

近来为生活所累，已经到了近崩溃的地步。真的成了“东西拥有我”。这本书，虽然说得道理都很简单，但指出了一点：在做任何事之前，一定要问自己，这是我想要的吗。只有清晰了自己内心真正的愿望，收纳整理等等，才真正有效。

作者从恋爱、工作、家庭、金钱、健康、价值观这几个方面介绍了那些杂乱的思绪给你带来的无尽压力和混乱，并引领你逐步走出这种混乱的生活。核心的思想主线无外乎“认清自我--想像理想的状态--投入时间逐步扫除障碍--坚持--做到平衡”。略带心灵鸡汤的味道。减法的运用重要...

读书笔记

有时候夫妻之间的吵架，更多的是话语权力争夺拉锯战，一旦双方立场确定，各自都会变得坚定不移。

主卧室应该未夫妻双方设立，应该营造它应有的氛围，如果连你自己都不在意你和伴侣所拥有的独立享受的空间，谁又会在乎呢？所以，主卧会是孩子们的禁地，不要设立孩子们...

去掉多余的种种，追寻最原始最真实的自己！你的理想是什么，你想怎么的生活，其他多数人都是简简单单的过自己的小日子就好。过小日子其实需要的不多，但是要有人分享才是最重要的。你要的生活也是要和你的伴侣，你的孩子及朋友一起分享，一起讨论的。

减法生活是一种生活方式，是一门生活艺术，是一种化繁为简获得幸福并懂得享受幸福生活能力。我们减去的是那些不必要的——工作上的烦恼、生活中压抑的苦闷、个人极度膨胀的私欲及复杂的人际关系和勾心斗角地交往等一切有损于心灵的东西，得到的却是灵魂的纯净与安宁，一份心灵...

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