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## No More Clutter

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By Sue Kay

Hodder & Stoughton General Division. Paperback. Book Condition: new. BRAND NEW, No More Clutter, Sue Kay, Clutter affects us all: stressed time-poor professionals, couples rowing over their junk, older people with a lifetime's accumulated possessions, people working from home, growing families and people facing life changes such as divorce or bereavement. As we all consume and acquire more and more stuff, we feel increasingly overwhelmed by our possessions. NO MORE CLUTTER is the ultimate guide to liberating ourselves from the tyranny of clutter. It has simple practical solutions to immediate problems as well as advice on tackling the challenge of staying clutter-free in the long term, by getting to grips with the psychology of hoarding and the ethical basis for simplifying our lives. With case studies which pinpoint common clutter triggers such as moving house or divorce and practical tips on everything from tidying the cutlery drawer to creating your ideal harmonious home, NO MORE CLUTTER is the essential tool for streamlining your life.



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