



The Art of Tidying Up

Kim Carruthers

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The Art of Tidying Up tackles the contemporary issue of de-cluttering your life. This includes not just the physical aspects of de-cluttering a home or a room, but also the emotional clutter that many experience.

This book teaches hoarders how to recognize, understand and conquer the emotions and compulsions that lead to clutter. Kim provided smart, practical techniques and methods that can be implemented every day to clear away clutter and keep it away.

More than just “the physical stuff”, *The Art of Tidying Up* blends compassion and critique to create a detailed plan to achieve a minimalist mindset, both physically and emotionally.

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