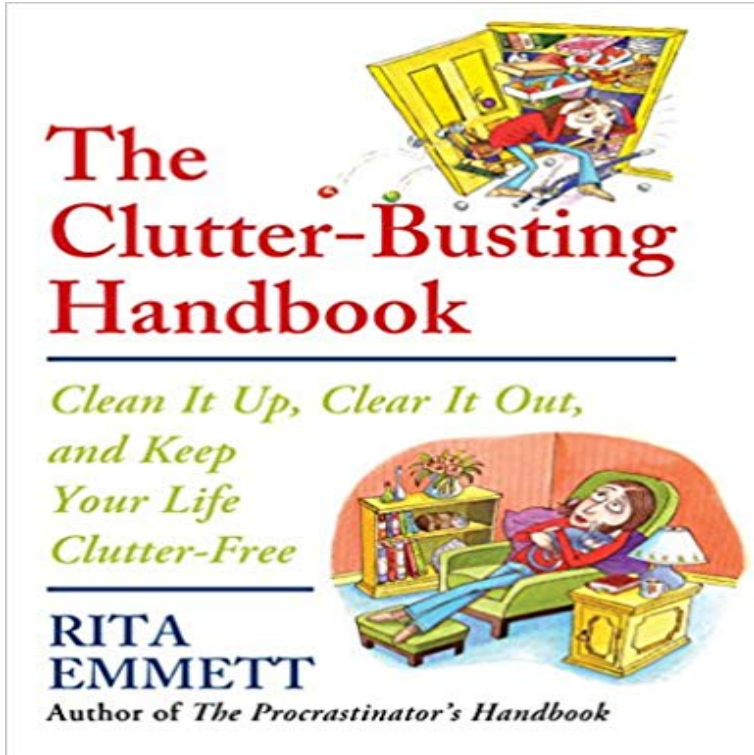


The Clutter-Busting Handbook: Clean It Up, Clear It Out, and Keep Your Life Clutter-Free



The Clutter Busting Handbook is a streamlined guide to uncluttering your life from the best-selling author of *The Procrastinators Handbook*. We are the clutter generation, inundated by a seemingly daily or weekly influx of clothes, accessories, gadgets, catalogs, mail, and e-mail. Clutter crowds our lives, is a chief source of stress, contributes to sidetracked dreams and opportunities, and can cause guilt and anxiety. If clutter is a problem in your life, then Rita Emmett—herself a reformed clutterer—can help you tame it. The Clutter-Busting Handbook is a concise, energizing guide giving readers insight and direction as well as proven tips, methods, and strategies that will change lives for the better. Emmett reveals: - the four primary causes of clutter - that cluttering is a habit that can be broken- the powerful connection between clutter and procrastination- how to help a pack rat part with unneeded objects- how to prevent clutter from returning, forever. As entertaining as she is helpful, Emmett offers practical advice on separating what you need or truly want from what you have been hanging onto for the wrong reasons. Her combination of experience and good humor—based on her hundreds of seminars and advice received from people all over the country—will win over the most reluctant convert.

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