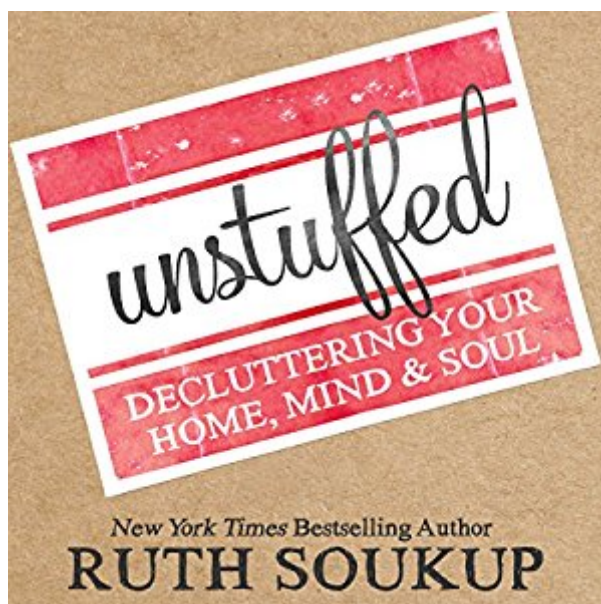


The book was found

Unstuffed: Decluttering Your Home, Mind & Soul



Synopsis

Ruth Soukup, a New York Times best-selling author and founder of the wildly popular blog LivingWellSpendingLess.com, knows all too well just how overwhelming it can feel to have a home - and life - filled with too many things. Through personal stories and practical action plans, she inspires and empowers other women to finally declutter not only their homes but their minds and souls as well. *Unstuffed* is real and honest and speaks to the heart of the question so many of today's women are asking: How can we take back our lives from all the STUFF that is weighing us down? From recognizing the pitfalls of overfilled closets to combating the culture of busy that keeps women running from one thing to the next to finding life balance by learning how to let go of unhealthy habits and stress, listeners will journey with Ruth as they overcome chaotic, out-of-control schedules, overstuffed homes, and undernourished souls.

Book Information

Audible Audio Edition

Listening Length: 6 hours and 14 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Zondervan

Audible.com Release Date: April 5, 2016

Language: English

ASIN: B01AGYC494

Best Sellers Rank: #93 in Books > Crafts, Hobbies & Home > Home Improvement & Design > How-to & Home Improvements > Cleaning, Caretaking & Relocating #455 in Books > Audible Audiobooks > Religion & Spirituality > Christianity #537 in Books > Christian Books & Bibles > Christian Living > Personal Growth

Customer Reviews

The first thing to remember about UNSTUFFED is that it is not really about getting rid of clutter. Yes of course, the author does talk about getting rid of unwanted stuff, but that's not the real point. The real point, Ms. Soukup explains, is that you get rid of this stuff so that you can see what is REALLY important in life. It could be relationships, it could be your family, it could be lots of things--but the clutter is getting in the way. The author freely admits that she really feels the attraction of accumulating things: I love to get stuff. I love to give stuff. I love the idea of stuff. I love getting a good deal on stuff. Stuff is pretty. Stuff makes me happy. Of course, we should strive to simplify, but here's

the key: "Becoming unstuffed, truly unstuffed, is much more than that. Itâ€™s changing the way we look at our homes and the stuff we live with. Itâ€™s changing the way we look at our schedules and the stuff that fills our time. Itâ€™s changing the way we look at our relationships..."As for the practical ideas, the author presents 10 simple habits, which alone can go a long way to help you simplify your life. They are not earth-shattering ideas; rather, they are simple but effective ways to achieve a lot for a little time. Here are a few: making your bed properly, promptly trashing junk mail, or even just cleaning the kitchen sink. Each of these habits only take a minute or two, but they are a good step to simplifying and de-cluttering your home. Much of the emphasis in UNSTUFFED is how to deal with clutter in your family--especially in buying your kids things. The author suggests that you teach the kids the value of money, by helping them to associate the reward with the effort.

[Download to continue reading...](#)

Unstuffed: Decluttering Your Home, Mind, and Soul
Unstuffed: Decluttering Your Home, Mind & Soul
Minimalism: The Life Altering Magic of Organizing, Simplifying & Decluttering Your Life
Painting for the Soul: Soothe your soul, expand your imagination, and paint your way to colorful, creative expression
The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing
New Order: A Decluttering Handbook for Creative Folks (and Everyone Else)
The Life-Changing Magic of Tidying Up by Marie Kondo: The Japanese Art of Decluttering and Organizing: An Action-Steps Summary and Analysis
Minimalist Living: Decluttering for Joy, Health, and Creativity
Summary: The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing: in less than 30 minutes (Marie Kondo)
A 15-Minute Summary & Analysis of Marie Kondo's The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing
A 13-Minute Summary of the Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing
The Life-Changing Magic of Tidying Up: By Marie Kondo | Epitome: The Japanese Art of Decluttering and Organizing
One Year to an Organized Financial Life: From Your Bills to Your Bank Account, Your Home to Your Retirement, the Week-by-Week Guide to Achieving Financial Peace of Mind
Home Staging for Profit: How to Start and Grow a Six Figure Home Staging Business in 7 Days or Less
OR Secrets of Home Stagers Revealed So Anyone Can Start a Home Based Business and Succeed
Master Your Mind: Achieve Greatness by Powering Your Subconscious Mind
Soul Wisdom: Practical Treasures to Transform Your Life (Soul Power)
How to Manage Your Home Without Losing Your Mind: Dealing with Your House's Dirty Little Secrets
Battlefield of the Mind: Winning the Battle in Your Mind
Battlefield of the Mind for Teens: Winning the Battle in Your Mind
El campo de batalla de la mente / The Battlefield of the Mind: CÃfÃ mo Ganar La Batalla En Tu Mente / How to Win the Battle in Your Mind: Library Edition (Spanish Edition)

