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# 31 Days To A Clutter Free Life: One Month To Clear Your Home, Mind & Schedule



ONE MONTH to clear your  
HOME, MIND & SCHEDULE

RUTH SOUKUP



## Synopsis

Is Your STUFF Controlling Your Life? Ruth Soukup knows all too well how stressful it can be to have a home packed to the gills, with an overbooked schedule to match. After years of overspending left her wallet painfully empty and her home painfully full, she realized it was time for a massive change. She began clearing her life and her home of clutter, one small step at a time. Now, over the course of thirty-one simple but powerful daily challenges she is sharing exactly how you can do it too. 31 Days to a Clutter Free Life will empower and inspire you to clear your life of the clutter that is filling up your home, mind, and schedule, once and for all. Over the course of this one-month challenge, you can:

- Eliminate clutter in all areas of your home and instead create functional spaces for all of your family's many activities.
- Replace chaotic counters and overstuffed cupboards with a calming kitchen that makes cooking a joy.
- Overcome the destructive cycle of always needing more by paring down belongings to those you truly love.
- Stop overcommitting and instead learn to say no without guilt.
- Reduce stress in your home and family by clearing out the excess stuff that takes up so much of your time and energy.
- Create practical and functional storage solutions for every room in your home.
- Develop a working control center that keeps your entire family organized and on track.
- Learn the four simple strategies to staying clutter free forever.

What if, one month from today, your life could be different? At any given time, most of us are stressed out with homes and schedules that feel chaotic and out of control. It is easy to be overwhelmed with the vast quantities of stuff that comes pouring into our homes, from trinkets and paperwork to endless obligations and activities. Wouldn't it be nice to finally have a step-by-step guide to ridding our life of clutter, and instead creating an oasis of calm and order?

**Simple Daily Assignments** Over the course of thirty-one simple but powerful daily challenges, this book will empower, enable, and inspire you to clear life of the clutter that is filling up your home, mind, and schedule.

**Join the Clutter Free Challenge** Join thousands of LivingWellSpendingLess.com readers in completing this life-changing challenge. You can check in on the blog, or use the hashtag #LWSLClutterFree to share your own progress on Facebook, Twitter, or Instagram. Find accountability & get support of others who have committed to becoming clutter free as well.

**Start Today** The challenge begins on LivingWellSpendingLess.com this October, but you don't have to wait. Get the entire challenge now in convenient book format. A clutter free life is waiting.....are you ready to embrace it?

## Book Information

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## Customer Reviews

I really enjoyed this book. It has practical, simple steps for organizing your home. My one objection is that there is way too much in here to accomplish in one month, which makes the title very misleading. For those of us moving from disorganization, to organized, many of the "daily" assignments will take all day. Which in practice can mean a month of Saturdays. Some of the assignments can be accomplished in an hour or two. However, those of us with jobs and families will need well more than a month to work through these tasks.

This isn't the first 31 days to clean up your house book. I've read some of the others as well. I went in to it thinking it would be well written and have Ruth's unique voice added to it, but it wouldn't say anything new. Mostly I was right. However, the book is laid out in a very easy to use format. She breaks down the 31 days into small tasks. She explains why each area is important to keep clean and clutter free. She also is smart in dividing the 31 days. The junk drawer gets its own day. A medicine cabinet gets its own day. At the end I was surprised to see digital things included. Organizing your digital files is important. Not something I have ever seen in a declutter list. I'm

giving 4 stars instead of 5 for two reasons. The pictures included, while helpful, are not high quality. They are a bit grainy. Not the end of the world, but it does detract from the overall book. Also, the 31 day challenge is available for free on Ruth's website. So the book isn't entirely necessary. However if you want to have the whole challenge in one place in an easy to reference book, then this will work great for you.

Awesome book! The checklists make it easy to move room to room, day by day. There are 31 days to declutter 31 different room areas and types of clutter. It is already making a difference at our house. I work full time but can spend 20-30 a day minimum on the daily decluttering. I plan on doing some each day and then starting over at the beginning of each month, aligning the dates to the day in the book. We should be seeing big changes in just a few months. Ruth left out the garage and yard but since we have no kids, we can substitute toys and other kid declutter days to other areas. I have tried all kinds of other kinds of decluttering techniques - this one is actually working!

pretty much common sense wasted money love the author though.

This book is perfect. Let's you tackle a room at a time. Logical, easy to use.

Provides a good summary of how to break out the hard job of decluttering. Nothing we may not already know but certainly if you attack each room as suggested it would give you a good strategy towards achieving your goal.

If only I could keep up with one area per day, my house would be perfect!. I tried and made it in about a week and then had to pick days as I could, but that doesn't mean that the book isn't excellent, it is! I'm just a grad student who didn't have time for her somewhat cluttered house.

Not worth the money. She appears to discuss how to declutter all the rooms in your home, but all she really does is tell you to go to each room, and then repeats the same instructions for each one. She doesn't even change the wording at all, or even the order of the things she repeats.

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CLUTTER TO CLUTTER FREE: A Step by Step Guide on How to Organize and Get Rid of Clutter

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