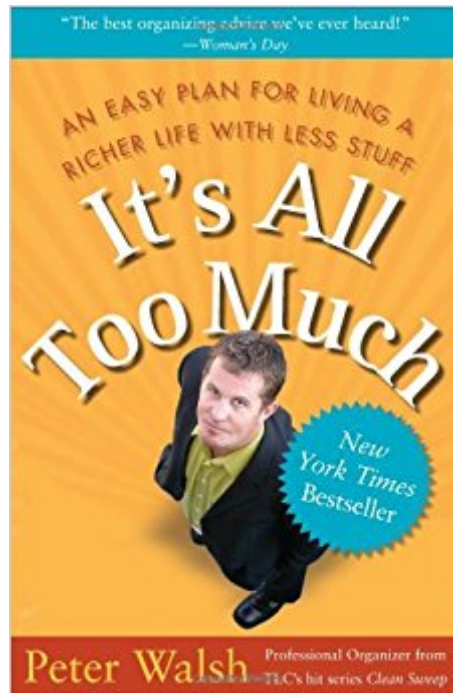


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# It's All Too Much: An Easy Plan For Living A Richer Life With Less Stuff



## Synopsis

Whether it's tidying up or tiny-house living, the decluttering revolution is taking America by storm. In *It's All Too Much* organizational expert Peter Walsh reveals the tools for taking control of your physical and emotional clutter in order to reclaim your life. Are you surrounded by papers? Overstuffed closets? Are you stepping over toys or searching under piles, and leaving boxes of mementos unopened for years? Do you feel under siege by your belongings? Peter Walsh, the organizational guru from TLC's hit show *Clean Sweep*, understands. *It's All Too Much* is Peter's proven system for anyone who wants to let go and escape the suffocating clutter in their lives. With his good humor and reassuring advice, Peter shows you how to face the really big question: What is the vision for the life you want to live? Through simple techniques and step-by-step plans, you can assess the state of your home, prioritize your possessions, and let go of the clutter you have been holding on to that has kept you from living the life you imagine. Going way beyond color-coded boxes and storage bin solutions, *It's All Too Much* shows you how to honestly determine what adds to your quality of life and what's keeping you from living the life of your dreams. The result is freed-up space, less stress, and more energy for living a happier, richer life every day.

## Book Information

Paperback: 230 pages

Publisher: Free Press; Reprint edition (November 6, 2007)

Language: English

ISBN-10: 0743292650

ISBN-13: 978-0743292658

Product Dimensions: 5.5 x 0.5 x 8.4 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (341 customer reviews)

Best Sellers Rank: #126,182 in Books (See Top 100 in Books) #172 in [Books > Crafts, Hobbies & Home > Home Improvement & Design > How-to & Home Improvements > Cleaning, Caretaking & Relocating](#) #3164 in [Books > Self-Help > Personal Transformation](#) #6406 in [Books > Parenting & Relationships](#)

## Customer Reviews

\*\*\*\*\*What I found most valuable with this outstanding book was that it was about the motivation behind excess accumulation and cluttering. Unless you address this motivation, the clutter is bound

to come back, even if you hire a professional organizer and everything in your home is perfect. All of the clutter will creep back. There are so many outstanding points in this book. For example, with sentimental-type clutter, the author says that the most important thing is to separate the memory from the item. Then the item can be dealt with appropriately. You are not discarding the memory, just the item. Thus, if you have an overabundance of momentos, you can divorce the memory from the item, pick a few items that you want to represent the memory and truly honor them by displaying them in your home (rather than storing them in boxes in your garage), and discard (or digitally scan and then discard) the rest. In my house, my husband has a wealth of pictures of his children when they were small. These pictures are filling boxes in the garage and our barn. We have all of their schoolwork and many personal items because he loves his children and feels as though throwing away one of their things is throwing away a part of them. They are now adults; however, until this underlying motivation for hanging onto things is addressed, all attempts at decluttering will be futile. For me, the whole book was profound. I'm great at organizing techniques, but the idea of looking at the feelings and problems sourcing the whole hoarding behavior was most helpful. I am getting ready to declutter my house, as we are bursting at the seams and can no longer function well in our home. This is the perfect book to read to understand the emotional work and the letting go that must go on so that the process of decluttering can take place. Then whatever vision and purpose you have for your home can be implemented, and you can enjoy the space you have in your home. The book targets a huge consumeristic flaw in our American culture, and gives solutions. I cannot imagine who would not benefit from this important book. Highly recommended.\*\*\*\*\*

As a lifelong "pack rat", I have a problem with clutter. I have bought many books on conquering clutter. Some of those books talk about buying more stuff to organize the stuff I already have too much of. Other books talk about handling your clutter in different ways, such as color coding everything as a solution to cleaning up clutter. I am sorry, I am not going to go there. Still, other books ask you to figure out why you have clutter in the first place, as in psychoanalyzing yourself. Personally, I have not had much success at reducing my clutter by focusing my attention on my dysfunctional childhood or personal frustrations. It just does not work for me. This breakthrough book, however, takes a truly novel approach to solving the problem of clutter and owning too much stuff. It does not talk about buying more stuff like organization systems or merely re-handling your clutter in different ways. Instead, the author of "It's All Too Much" asks you to look at the space you have and asks you what you want that space for? Simply, "wanting" less clutter in your life is too vague a goal. It reminds me of wanting to lose weight. Wanting and accomplishing are two different

things as some wise person once said. In this short book, the author gets right to the point. The author asks you what do you want to do with the space you have. Once you establish what you want your space to do or be for you, you then have a clear path for reaching that goal. For example, is your home office accomplishing what you want it to do, or is it a storage area for things you either did not put away; cannot figure out somewhere else to put it, or; just cannot part with? Sounds too simple, I know. And it is. The author's advice reminds me of something a wise person once said about a sculptor. The sculptor sees a block of granite as a figure trying to get out instead of a just a block of granite. The sculptor removes all the granite that is not the figure they perceive. Simple, eh? Well, yes and no. This book is truly a breakthrough in helping you make that necessary paradigm shift in thinking to finally get your space to serve your needs. The author is a consultant on the cable television show "Clean Sweep", and shares his unique perspective on finally solving the problem of too much clutter. I highly recommended this book to anyone who has a problem with clutter.

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