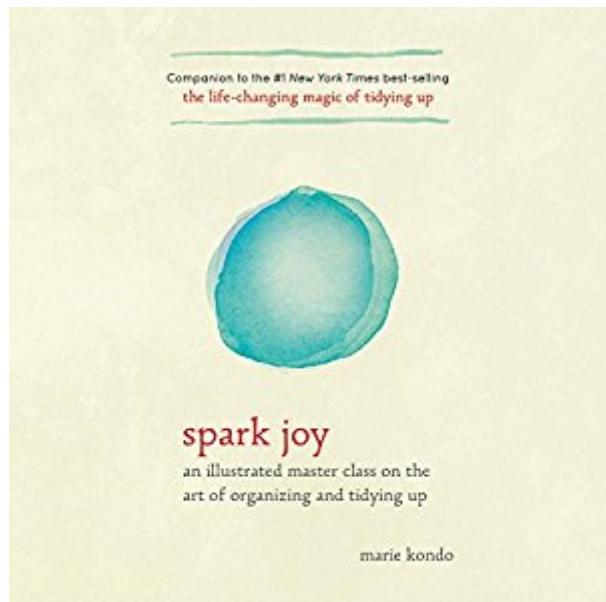


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Spark Joy: A Master Class On The Art Of Organizing And Tidying Up



Synopsis

Marie Kondo's unique KonMari method of tidying up is nothing short of life changing - and her first book, *The Life-Changing Magic of Tidying Up*, has become a worldwide sensation. In *Spark Joy*, Kondo presents an in-depth manual on how to declutter and organize specific items throughout the house, from kitchen and bathroom items to work-related papers and hobby collections.

Listener-friendly examples illustrate Kondo's patented folding method as it applies to shirts, pants, socks, and jackets as well as properly organized drawers, closets, and cabinets. This book is perfect for anyone who wants a home - and life - that sparks joy.

Book Information

Audible Audio Edition

Listening Length: 5 hours and 31 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Random House Audio

Audible.com Release Date: January 5, 2016

Whispersync for Voice: Ready

Language: English

ASIN: B017WSRCGC

Best Sellers Rank: #11 in Books > Crafts, Hobbies & Home > Home Improvement & Design > How-to & Home Improvements > Cleaning, Caretaking & Relocating #12 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Zen > Philosophy #15 in Books > Audible Audiobooks > Nonfiction > Philosophy

Customer Reviews

Mari Kondo's first book covered her method pretty thoroughly, so I wasn't sure whether this one would be worth the purchase. If you aren't sure which to buy first, I would say the first book does a better job of explaining her attitude towards tidying and this book has better practical advice. In a nutshell, the konmari method involves getting rid of anything in your life that doesn't spark joy.

Starting with clothes, you go through each item and decide what stays or goes based on whether or not it sparks joy when you hold it. Joy is the only criterion: 'If it makes you happy, then the right choice is to keep it confidently, regardless of what anyone else says.' The illustrations are charming, but there aren't very many of them. The most helpful shows her famous folding method, which is something I didn't understand simply from reading the first book. (Youtube videos helped.) This

book has around 10 diagrams for folding dresses, shirts, odd-shaped clothes, camisoles, parkas, etc. Apart from the folding instructions, the other images are simply cute images of rabbits putting things away, a perfectly tidied closet, etc. One of the criticisms of the first book is that it seems geared mostly towards people cleaning up their own mess, and that hasn't changed. For example, the section on handling stuffed animals is talking about your own plushies, not your children's. I wish there were more discussion of handling items belonging to family members and how to inspire them to tidy up too. Family is covered in one small section, and the main advice is simply to set a good example and accept others à “ easier said than done! Overall this is a fun read but not substantially different from the first book.

I read *The Life-Changing Magic of Tidying Up* when it was released in late 2014. I found Marie Kondo's book both useful and charming. I am a somewhat sloppy person. Neither am I a hoarder, however. I found Ms. Kondo's advice useful in tidying up both my bedroom closets and kitchen. I was able to toss a number of clothing items which I had kept from a sense of guilt instead of joy. Similarly, I was able to let go of a number of kitchen appliances to which I had sentimental attachments but no use. Ms. Kondo's childish suggestion to thank my things before letting go was oddly touching and helpful with regard to certain items. I photographed a number of items before releasing them to GoodWill; this gave me an opportunity to acknowledge the memories they generated without retaining the objects themselves (which included a 40 year old blender, some old and hole-ridden t-shirts, and a coffee press which I have not used in over ten years). Ms. Kondo touches on a few of these elements in the introduction of her book as well. Ms. Kondo's new book, *Spark Joy*, contains further instructions. For example, she provides detailed diagrams explaining how to fold certain clothing items. These are things I wish I would have had when I read the original book. I also enjoyed pictures of organized spaces. There is something attractive about the spartan simplicity of these arrangements, even if they are not for everyone. In the introduction Ms. Kondo highlights that it is good that this book has come later and serves the purpose for aiding those who are in mid-process, whereas those who are just starting may feel overwhelmed. I understand the rationale for not including as many diagrams in the first book, but, I do wish I had it when I was more invested in the process.

Like many others, I found Kondo's previous book to be, well, life-changing. She not only gave you permission to rid yourself of things you didn't love- many have done that- but she prompted you to surround yourself only with what you do ("sparks joy"). And while she promised that you would be

happier with an environment that reflected what you enjoyed, the more important premise was that the process of tidying would guide you to make peace with your past choices, accept the person you are in the present and confidently recognize whom you want to be in the future. Most importantly, tidying could be finished in one go (even if that go was extended over a period of months) and you wouldn't be bound to perpetually repeat the process with the checklists almost every other tidying guide offers. That, in my opinion, is why her book sold so incredibly well. What this book offers is deeper, step-by-step "how-to" instructions for the mechanics of maintaining your tidy home. Yes, here you will find detailed instructions on how to fold your shirts, bottoms, dresses, towels, rags and even bags. She will also, of course, explain what should usually be hung and why. She goes into the philosophy of each room and what should be stored with what. Even better, she assures you that as you tune into the logic of the materials you own, you'll discover what storage philosophy makes the most sense to you and your items- particularly the "komono" or miscellany- will reflect a "rainbow" of gradation based on your needs and usage. While a number of people genuinely enjoyed getting rid of things that didn't spark joy, there were many who complained that there were items they genuinely were on the fence about.

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