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Shed Your Stuff, Change Your Life: A Four-Step Guide to Getting Unstuck

By Julie Morgenstern

Simon & Schuster. Paperback / softback. Book Condition: new. BRAND NEW, *Shed Your Stuff, Change Your Life: A Four-Step Guide to Getting Unstuck*, Julie Morgenstern, Are you eager to make a change but unsure what's next? Organizing works when you know "where" you're going but don't know "how" to get there. But sometimes organizing isn't enough. When you're eager to make a change in your life, but you are unsure of your new destination, you need to SHED. Expert organizer and "New York Times" bestselling author Julie Morgenstern has developed the four-step SHED plan to help you get unstuck from the defunct, obsolete objects and obligations preventing you from living a richer, more meaningful life. SHED picks up where other organizing processes leave off -- helping you purge the physical and behavioral clutter holding you back so you can finally create real change in your life. But it's not just about throwing things away! The SHED process is more about what comes "before" and "after" you heave the clutter, so that the changes you make really stick in the long term. Learn how to: Separate the treasures -- "What is truly worth hanging on to?" Heave the trash -- "What's weighing you..."



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