



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

By Ruth Soukup

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Is Your STUFF Controlling Your Life?

Most of us know all too well how stressful it can be to have a home packed to the gills, with an overbooked schedule to match. But what if we had a plan to rid our lives--and our homes--of clutter, one small step at a time?

31 Days to a Clutter Free Life is not a book to be read cover to cover--instead it is a set of 31 daily challenges, based on the wildly popular month-long challenge originally hosted at LivingWellSpendingLess.com, that will empower and inspire you to clear your life, one day at a time, of the clutter that is filling up your home, mind, and schedule. It's not meant to make you simply think about decluttering, it is a set of checklists that will help you ACT.

Over the course of this one-month challenge, you will:

- 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 you home, mind, and schedule. Again, this is not a traditional book meant to be read straight through. It is an action plan, a set of daily checklists that will require you to actively participate.

Join the Clutter Free Challenge

31 Days to a Clutter Free Life is not a book, it is a challenge to accept. More than 40,000 LivingWellSpendingLess.com readers have completed this life-changing challenge so far--will you be next? Use the hashtag #LWSLClutterFree to share your own progress on Facebook, Twitter, or Instagram.



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Editorial Review

About the Author

Ruth Soukup is a writer, blogger, mom of two, founder of the blog LivingWellSpendingLess.com, and the New York Times bestselling author of *Living Well, Spending Less: 12 Secrets of the Good Life*. Since launching in 2010, LivingWellSpendingLess.com has become one of the most popular personal finance blogs on the net, receiving more than one million visitors per month. She is also the founder of the Elite Blog Academy, as well as the author of the bestselling blogging guide *How to Blog for Profit (Without Selling Your Soul)*, and her next book, *Unstuffed: Decluttering Your Home, Mind & Soul* will be released in March 2016.

Users Review

From reader reviews:

Destiny Hunt:

Book is actually written, printed, or descriptive for everything. You can realize everything you want by a guide. Book has a different type. As it is known to us that book is important thing to bring us around the world. Alongside that you can your reading ability was fluently. A book *31 Days To A Clutter Free Life: One Month to Clear Your Home, Mind & Schedule* will make you to possibly be smarter. You can feel much more confidence if you can know about every thing. But some of you think that will open or reading the book make you bored. It is not necessarily make you fun. Why they may be thought like that? Have you looking for best book or ideal book with you?

Sharon Keller:

Often the book *31 Days To A Clutter Free Life: One Month to Clear Your Home, Mind & Schedule* will bring that you the new experience of reading the book. The author style to clarify the idea is very unique. In the event you try to find new book to see, this book very suited to you. The book *31 Days To A Clutter Free Life: One Month to Clear Your Home, Mind & Schedule* is much recommended to you to see. You can also get the e-book from your official web site, so you can more easily to read the book.

Ronald Johnson:

A lot of people always spent all their free time to vacation as well as go to the outside with them loved ones or their friend. Are you aware? Many a lot of people spent they will free time just watching TV, or playing video games all day long. If you need to try to find a new activity here is look different you can read a new book. It is really fun to suit your needs. If you enjoy the book that you read you can spent all day long to reading a reserve. The book *31 Days To A Clutter Free Life: One Month to Clear Your Home, Mind & Schedule* it is very good to read. There are a lot of individuals who recommended this book. These folks were enjoying reading this book. If you did not have enough space to develop this book you can buy typically the e-book. You can more very easily to read this book through your smart phone. The price is not

too expensive but this book has high quality.

Mohammed Strohl:

The book untitled 31 Days To A Clutter Free Life: One Month to Clear Your Home, Mind & Schedule contain a lot of information on the idea. The writer explains your ex idea with easy way. The language is very easy to understand all the people, so do certainly not worry, you can easy to read this. The book was published by famous author. The author gives you in the new time of literary works. You can easily read this book because you can read more your smart phone, or gadget, so you can read the book throughout anywhere and anytime. In a situation you wish to purchase the e-book, you can wide open their official website in addition to order it. Have a nice learn.

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