



# One Thing At a Time: 100 Simple Ways to Live Clutter-Free Every Day

By Cindy Glovinsky

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## One Thing At a Time: 100 Simple Ways to Live Clutter-Free Every Day By Cindy Glovinsky

Simple, effective ways to put things in their place

Those piles of papers, clothes, and other things you thought you'd successfully de-cluttered have returned, and this time they brought friends. What's the use of trying to fight the clutter? Is there a better way?

This powerful and useful guide delivers solutions that work, no matter how overwhelmed you feel. The answer isn't an elaborate new system, or a solemn vow to start tomorrow. Instead, psychotherapist and organizer Cindy Glovinsky shares 100 simple strategies for tackling the problem the way it grows--one thing at a time. Here's a sampling of the tips explained in the book:

- \*Declare a fix-it day
- \*Purge deep storage areas first
- \*Label it so you can read it
- \*Get a great letter opener
- \*Practice toy population planning
- \*Leave it neater than you found it

Written in short takes and with a supportive tone, this is an essential, refreshing book that helps turn a hopeless struggle into a manageable part of life, one thing at a time.

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#### Review

"Glovinsky is a compassionate, talented organizer who understands the root causes of people's clutter woes. This is a really helpful book." ?Judith Kolberg, author of *Conquering Chronic Disorganization* and co-author of *ADD-Friendly Ways to Organize on Making Peace with the Things in Your Life*

"Glovinsky asks readers to examine the underlying psychological issues that they have with things....She takes Julie Morgenstern's *Organizing from the Inside Out* to the next level." ?*Library Journal on Making Peace with the Things in Your Life*

#### From the Inside Flap

#### Praise for *Making Peace with the Things in Your Life*

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"Glovinsky asks readers to examine the underlying psychological issues that they have with things....She takes Julie Morgenstern's *Organizing from the Inside Out* to the next level."

- Library Journal

#### About the Author

**Cindy Glovinsky, M.S.W., A.C.S.W.**, is the author of *Making Peace with the Things in Your Life*. She is a licensed psychotherapist and professional organizer. A frequent lecturer and expert in the fields of chronic disorganization and attention deficit disorders, she is based in Ann Arbor, Michigan.

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