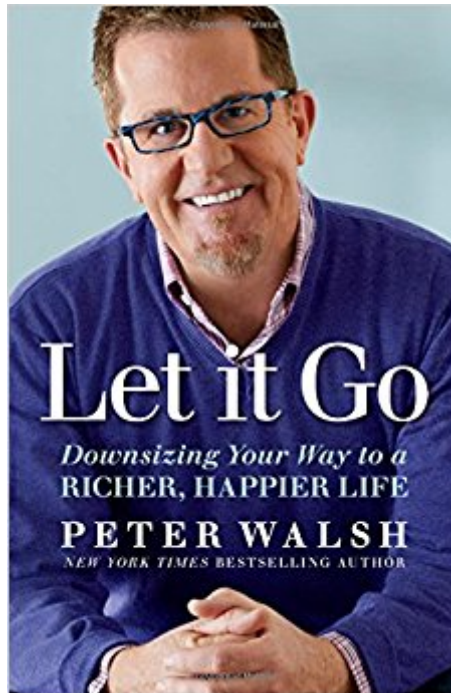




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Let It Go: Downsizing Your Way To A Richer, Happier Life



Synopsis

Say goodbye to clutter, reduce stress, and live simply with this easy-to-use guide to downsizing! Whether you are selling your family home, blending households into a new home, or cleaning out your aging parents' home, sorting through a lifetime's worth of accumulated possessions can be a daunting and stressful experience. Decluttering guru Peter Walsh recently went through the process of downsizing his childhood home and dividing his late parents' family possessions. He realized that making these decisions about mementos and heirlooms creates strong emotions and can be an overwhelming chore. In *Let It Go*, Peter will help you turn downsizing into a rejuvenating life change with his useful tips and practical takeaways, including how to:

- Understand the emotional challenges that accompany downsizing
- Establish a hierarchy of mementos and collectibles
- Calculate the amount of stuff you can bring into your new life
- Create strategies for dividing heirlooms among family members without drama

This new phase brings unexpected freedoms and opportunities, and Peter walks you through every step of the process. You'll feel freer and happier than you ever thought possible once you *Let It Go*.

Book Information

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Customer Reviews

"Furlong's style of narration provides calming reassurance with respect to a process that is emotionally fraught for many people." ---AudioFile --This text refers to the Audio CD edition.

Peter Walsh is the author of seven previous books, including the New York Times bestsellers *It's All Too Much* and *Enough Already!* and most recently *Lose the Clutter, Lose the Weight*. He is a popular organization expert who appears regularly on The Rachael Ray Show and writes a quarterly column for *O the Oprah Magazine*. He has hosted several TV shows, including *Clean Sweep* and *Extreme Clutter*. He lives in Los Angeles.

I cannot say enough good things about Peter Walsh, and his ability to change my thinking - seriously shifting my brain to realize I do not need all this STUFF. I feel free for the first in my life of the hold that things, mementos, clutter, had on me. I am mid-stream in my down-sizing, was never a hoarder, but even people with neat and tidy homes have too much stuff. When I cleaned out my front coat closet, for instance, I had 16 pair of gloves. Various materials, bought at different times, on trips when I had forgotten to pack them or we got a sudden cold snap. Now, after donating, 14 people will have gloves. I did the same with mufflers, hats, and coats. It feels good. In my wardrobe, I had so many duplicates: for instance FIVE black turtleneck sweaters, as just one example. My core wardrobe is much leaner now, looks fantastic, easy to pack and unpack and wash. Before I had so many clothes and way too many choices and I would get overwhelmed by what to take. I am an author and I travel around the globe - (I write a thriller series about a globe trotting archaeologist so my books are set everywhere). I needed easy choices, but still need to be professionally clothed. Peter has completely taught this old dog new tricks. I love his books.

The author gives many ways to look at the stuff we have in our homes. He has thought through his ideas and expresses them very well.

Love the creative ideas for organizing, displaying and purging from this book. Advice in this and all his books is invaluable. I have recommended him to many of my friends and I have all his books in my library

I've read all Peter's books and this one is right on time. It's not just about getting rid of the clutter and downsizing. It's also about living your best life and leaving your best legacy.

Very well written and makes so much sense. An applicable solution to the "collection" process and getting rid of it.

Great info, and with simple instructions to get things done. Would recommend it.

still reading and so far it is inspiring.

Haven't finished the book yet, but so far it has fabulous ideas.

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