



Making Peace with the Things in Your Life: Why Your Papers, Books, Clothes, and Other Possessions Keep Overwhelming You and What to Do About It

Cindy Glovinsky

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Do you spend much of your time struggling against the growing ranks of papers, books, clothes, housewares, mementos, and other possessions that seem to multiply when you're not looking? Do these inanimate objects, the hallmarks of busy modern life, conspire to fill up every inch of your space, no matter how hard you try to get rid of some of them and organize the rest? Do you feel frustrated, thwarted, and powerless in the face of this ever-renewing mountain of stuff?

Help is on the way. Cindy Glovinsky, practicing psychotherapist and personal organizer, is uniquely qualified to explain this nagging, even debilitating problem -- and to provide solutions that really work. Writing in a supportive, nonjudgmental tone, Glovinsky uses humorous examples, questionnaires, and exercises to shed light on the real reasons why we feel so overwhelmed by papers and possessions and offers individualized suggestions tailored to specific organizing problems.

Whether you're drowning in clutter or just looking for a new way to deal with the perennial challenge of organizing and managing material things, this fresh and reassuring approach is sure to help. *Making Peace with the Things in Your Life* will help you cut down on your clutter and cut down on your stress!

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