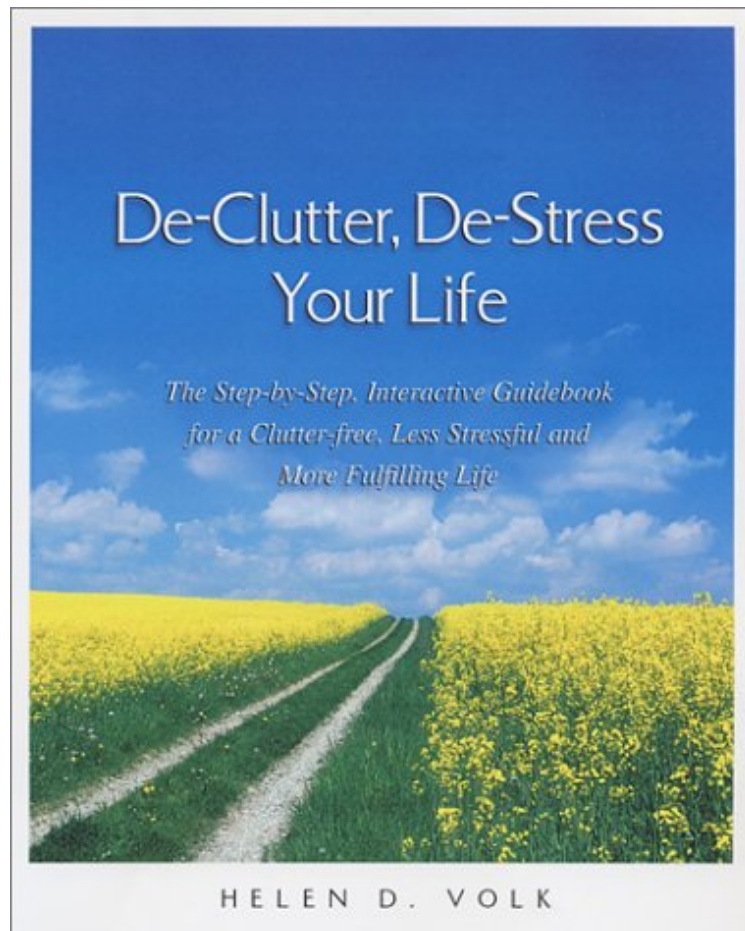


De-Clutter, De-Stress Your Life

Helen D. Volk

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Helen D. Volk : De-Clutter, De-Stress Your Life before purchasing it in order to gage whether or not it would be worth my time, and all praised De-Clutter, De-Stress Your Life:

0 of 0 people found the following review helpful. I needed some inspiration to get me started to get ...By Virginia CampbellI needed some inspiration to get me started to get rid of my clutter. This did not do it.It did give a couple of helpful hints but not enough.2 of 3 people found the following review helpful. Offers more than just helpful adviceBy Debra Gugig- Bauer, CRC, CASACThere are a number of books that focus on how to de-clutter and become more organized. Some books address the psychological aspects of de-cluttering but they offer little in the way of helpful strategies.Helen Volk's book offers the reader more than just helpful advice. Her book serves as a partner and coaches you through the de-cluttering process. She uses humor, support and practicalguidance in order to help you to make progress in your de-cluttering efforts. If you're unable to attend her wonderful groups and workshops you can certainly benefit from this book and gain some valuable tools that are culled from her expertise and personal experience. I highly recommend this book to anyone who wants to learn how to let go of "stuff" that no longer serves you and experience greater peace of mind and a more organized physical environment.Debra Gugig-Bauer, CRC,

CASAC President, CATALYSTS FOR CHANGE COUNSELING AND TRAINING ASSOCIATES
4 of 4 people found the following review helpful. De-Clutter, De-stress Your Life By Sarah As a busy mother of two, I find there is no time to relax and enjoy life. This book is about simplicity and the freedom you can gain from it. It's about paring down "things" and stop worrying about "things". It's step by step is easy to follow and you soon realize how much time you were wasting on the clutter in your house. Nothing makes me happier than walking into rooms once filled with old junk, drawers that wouldn't close because of old paperwork, or closets that I couldn't squeeze another shirt into and seeing an organized, easy to live-in space. It definitely helps lower stress levels.

De-Clutter, De-Stress Your Life is a step-by-step, interactive guidebook for a clutter-free, less stressful and more fulfilling life. With straightforward discussions, practical reader exercises, and continuing encouragement, this workbook eases you into the process of clutter control and stays with you until you are free from possession by your possessions.

A must-read for anyone who feels they are disorganized, overwhelmed or out of control. -- Harold Taylor, Author: Making Time Work For You
I recommend that you make this workbook your companion on your journey to a simpler life! -- Donna Smallin, Author of Unclutter Your Home: 7 Simple Steps, 700 Tips Ideas
Your manuscript is the most creative and innovative approach to personal growth and simplicity of life I have ever read. -- Fr. Joseph Girzone, Author of Joshua
About the Author
Helen Volk, B.S., J. D., is President of Beyond Clutter, a company that helps you de-clutter, de-stress your life. A teacher and licensed attorney, who practiced law for 17 years before creating Beyond Clutter in 1991, Helen is a former pack rat who has lived clutter-free since the 80s.