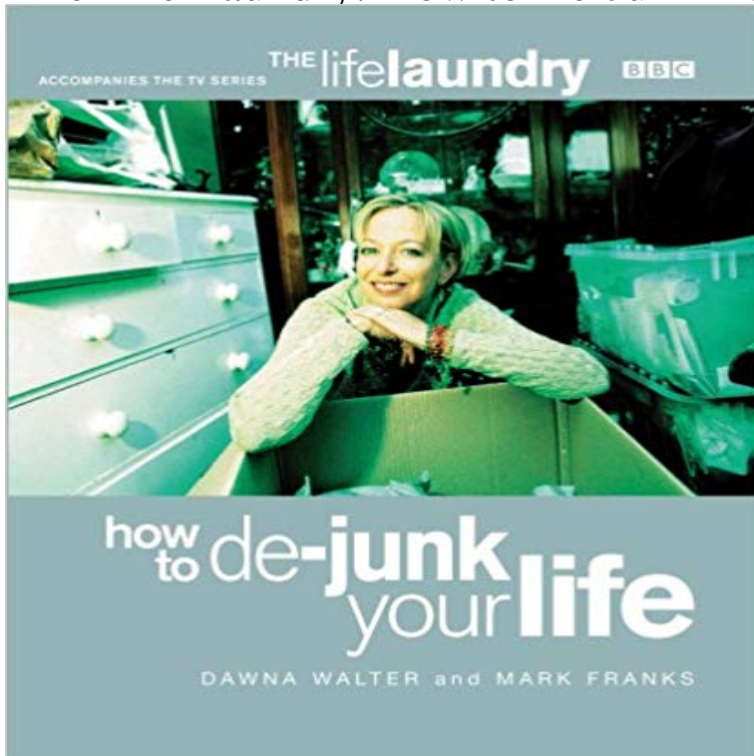


The Life Laundry: How to De-Junk Your Life



Everyone has clutter in their home but what we don't realize is the huge impact it can have on our lives, and how energizing it is to clear it away. Drawing on years of professional experience, Dawna Walter explains how to get to the heart of why clutter has built up around you then shows you how to deal with it. Packed with valuable advice, practical exercises, and a questionnaire to help you identify your problem areas, Dawna will guide you every step of the way, motivating you to let go of the things you've collected but don't use. And once you've started to take control of your possessions, you can follow Mark Franks' advice on turning your junk into cash. Practical, inspirational, and liberating, this is the ultimate guide to de-junking.

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