



Breaking Up With Your Stuff: Emotional Homework to End Your Toxic Relationship With the Clutter Culture

Marin Rose

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Personal Organizing Coach Marin Rose argues that we're all in a toxic relationship with our stuff and that we've got some serious thinking to do before we can expect to make lasting, positive change. In these pages she explores the common emotional barriers to people reducing consumption and ownership, from personal feelings of anxiety, guilt and regret, to our faith in the omnipresent American illusion that stuff is a direct path to happiness. Marin guides us in a thorough examination of our individual priorities and goals, and helps us answer honestly to the self-deceptive thoughts that keep us beholden to clutter. If you're thinking about committing to organized living - to save time and money, reduce stress and make space in your heart and home for the wonders yet to come - recognizing and working through these barriers are the first crucial steps.

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