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UNSTUFF

*Making Room in Your Life
for What Really Matters*

HAYLEY &
MICHAEL **DiMARCO**

Unstuff Making Room In Your Life For What Really Matters

Ashlee Piper



Unstuff Making Room In Your Life For What Really Matters:

Unstuff Hayley DiMarco, Michael DiMarco, 2010-12-20 God and stuff Everything in the universe falls into one of these two categories Which is more important to you It s not a trick question In *Unstuff Making Room in Your Life for What Really Matters* popular authors Hayley and Michael DiMarco take a close look at what s in your wallet your heart your house and your mind to reveal the pleasures and perils of stuff and the joy peace and freedom that comes from learning to live with less In this real life look at how it s done the DiMarcos take an uncomfortably close look at the cost of their love affair with stuff They start by Unstuffing their house getting rid of anything they don t need by giving away selling or throwing out items that only add to their love for more Then kicking it up a notch this family of three travels across the country with nothing more than they can fit in a motor home and discovers that the really important stuff goes with them *Unstuff Your Life!* Andrew Mellen, 2025-01-14 The Wall Street Journal bestselling guide to decluttering and organizing for good Let the Most Organized Man in America help you Dubbed The Most Organized Man in America Andrew Mellen has helped over half a million people and businesses simplify their lives and break free from the physical and emotional toll of clutter In *Unstuff Your Life* Mellen goes beyond surface level organization and tackles the real obstacles holding people back what he calls the stuff behind the stuff while delivering a no nonsense step by step guide to getting and staying organized Now in this fully updated enhanced second edition Mellen addresses modern clutter challenges including digital overload social media distractions and the rise of paperless environments while still providing his timeless systems for conquering physical clutter With new insights expanded techniques and actionable steps for tackling everything from email management to decluttering your workspace this version gives you even more tools to reclaim your time space and peace of mind His foolproof proven methods paired with humor honesty and tough love make decluttering achievable for anyone With this guide you ll not only learn how to organize your home but also transform how you think about your possessions whether you re chronically losing keys or facing a house full of chaos Inside you ll discover how to NEVER lose your keys phone wallet or bag again STOP paper pileups and mail clutter for good UNLOCK the power of organizing with Like with Like TAKE CONTROL of your digital life including email computer files and photos TACKLE YOUR BILLS and budgets confidently RECLAIM YOUR SPACE and your peace of mind from all that accumulated stuff And so much more This is more than just a guide to tidying up *Unstuff Your Life* is your blueprint for freedom Say goodbye to the clutter holding you back and hello to more time space and ease than you ever thought possible *The Complete Idiot's Guide to Organizing Your Life, 5th Edition* Georgene Lockwood, 2010-01-05 The popular guide that makes organizing a breeze In today s fast paced complex society it s crucial to find ways to increase productivity simplify and stay sane The fifth edition of this highly successful guide emphasizes how organization helps people survive tough times assists them with life s challenges and can lead to a happier more peaceful life New in this edition are green organizing getting things done in the electronic age and loads of new products that help people organize Offers up to

date information a reading appendix and new resources Fifth edition with an expanded focus on simple living a popular topic even before the recession plus green organizing and organizing in the electronic age Timeless themes of saving money and reducing stress Download a sample chapter *How to Manifest Money Effortlessly* Bruno R Cignacco,2013-07-26 This book is primarily focused on the most relevant techniques to manifest money effortlessly The text pinpoints the main metaphysical principles related to the creation of wealth It also sets out wrong assumptions about money and replaces them with positive connotations about it The book goes on to highlight the main requirements to attract more abundance It describes an overarching series of strategies to attract more prosperity such as visualization meditation affirmations Feng Shui emotional release objective setting playfulness generosity perspective gratitude intuitive insights de cluttering positive thinking chakra cleansing and energy management among others All these techniques are explained in detail accompanied with easy practical exercises *The Complete Idiot's Guide to Organizing Your Life* Georgene Muller Lockwood,2002 When stuff rules a person's life it's Georgene Lockwood to the rescue Her revised handbook shows how to organize paperwork food clothing and shelter systems and how to win the money wars **The Guru Guide to Money Management** Joseph H. Boyett,Jimmie T. Boyett,2003-09-22 If you want to learn about the latest thinking in money management you can read the hundreds of books and thousands of articles published each year on the subject Or you could seek a single resource for informed guidance on everything you need to know For the very best information from the biggest names in personal finance turn to this stellar resource Based on renowned Fortune 500 consultants Joseph and Jimmie Boyett's extensive research it distills the wisdom of the world's best known personal finance and money management writers and thinkers into straightforward bite sized lessons about everything from insurance to IRAs Order your copy today **Confessions of a Military Wife** Mollie Gross,2015-11-15 This book will have you laughing so hard you cry As Confessions aptly demonstrates military spouses lead interesting lives Tara E Crooks cofounder of Army Wife Network As the wife of a Marine Corps officer Mollie Gross learned the hard way to laugh instead of cry at what she could not control and as she quickly discovered nearly everything was out of her control A standup comedienne Mollie explores everything about the issued spouse from deployment and the stress of having a husband in a combat zone to the realization that marriage changes when your husband returns home from war Nothing is taboo or out of bounds in this funny poignant memoir including the parties military wives throw for themselves before hubby returns You'll have to read the book to find out about those Mollie Gross is the Chelsea Handler of the milspouse community She's unfiltered honest and hilarious with an underlying message to stop whining and be proud Think of it as heartfelt humor for the home front Military Spouse magazine Mollie's no holds barred account of what it was like during her first four years of being married to a Marine dealing with the moves wartime deployments and life on the home front will leave you laughing crying and shaking your head in disbelief asking Did she really just say that Kristine Schellhaas founder of USMC Life **What Really Matters** Arthur Kleinman,2007 Through arresting narratives we meet a woman aiding refugees in sub

Saharan Africa facing the chaos of a meaningless society and a doctor trying to stay alive during Mao's cultural revolution individuals challenged by their societies and caught up in existential moral experiences that define what it means to be human

Empty Out the Negative Joel Osteen, 2020-11-10 Release the negative thoughts and feelings that are weighing you down and make room for the good things you should have in your life with 1 New York Times bestselling author Joel Osteen You were created to be filled with joy peace confidence and creativity But it's easy to go through life holding on to things that weigh you down guilt resentment doubt worry When you give space to these negative emotions they take up space that you need for the good things that move you toward your destiny How much room are you giving to shame to regret to being against yourself Whatever it is it's too much Life is too short for you to live bitter and discouraged letting your circumstances hold you back Every morning you have to empty out anything negative from the day before and put on a fresh new attitude Power up and get your mind going in the right direction and you'll step into all the new things God has in store for you

Too Blessed to Be Stressed Debora M. Coty, 2011-08-01 If you often find yourself struggling with the stresses of finances health career relationships self image or family then this humor filled volume is just what you need With simple practical tips for attaining the peace you crave the peace that passes all understanding you'll discover healing refreshment and revitalization for your spirit body and mind

The Ultimate Life Organizer LISA. MONTANARO, 2010-08 Here is your very own portable personal organizer and life coach offering easy to follow steps on the way to an organized empowered life Author Lisa Montanaro is a Certified Professional Organizer life coach and motivational speaker Her thoughtful helpful organizer includes practical guidance for mastering your time home workplace and paperwork Interactive exercises encourage self assessment and goal setting as do questions and checklists Guided journaling pages Blank calendars provide places to plan project time frames and record reminders Includes a section for special occasions Measures 7 3/4 x 9 1/4 Covered wire o binding and elastic band place holder 160 pages Inside back cover pocket

No New Things Ashlee Piper, 2025-04-15 From award winning sustainability expert Ashlee Piper a witty no nonsense guide to regaining control over your time consumerist impulses and financial and mental wellness For nearly two years Ashlee Piper challenged herself to buy nothing new And in the process she got out of debt cut clutter crushed her goals and became healthier and happier than ever all the things she'd always wanted to do but never had time to because she was mindlessly scrolling shopping spending and stressing After a decade of fine tuning No New Things guides readers through the same revolutionarily simple challenge that has helped thousands of global participants find freedom and fulfillment in just thirty days The book follows the rise of what Piper calls conditioned consumerism and how it sneakily hijacks our time money and mental bandwidth as well as harms the planet From there readers follow customizable daily action items that bring about the ease and richness of a life less bogged down by spending and stuff without compromising on style convenience or fun Whether you're a bona fide shopaholic or someone who just wants to buy less and live more No New Things is the antidote to modern overwhelm

The Happiness Formula Alyssa Shaffer,2020-03-24 Don't worry be happy It's easier said than done But science has shown that we can live a more joyful life and quickly go from feeling miserable to marvelous by changing our habits This book investigates the latest breakthroughs in positive psychology and examines the most effective ways to increase a reader's sense of satisfaction with life From exploring the benefits of the mind-body connection and the power of gratitude to the surprising ways that money parenting and relationships can impact happiness this publication will give readers the essential skills to finding peace and make them appreciate the life they already have

Mom Minus Dad: The Essential Resource Guide for Busy Adults with a Newly Widowed Parent Jamieson Haverkamp,2008-05-09 Mom Minus Dad is the only resource guide available with more than 500 resources for adults who lose a parent and need to assist a newly widowed parent The book provides readers with practical advice on ten major parent loss topics along with more than 500 valuable and time-saving resources including Web sites companies government resources U.S. laws books and nonprofit organizations to assist the approximately twelve million sons and daughters who lose a parent every year Each section provides online and book resources and simple practical solutions to common problems from finding affordable counseling to building new budgets for the widowed parent to managing changing family dynamics Each chapter reveals ideas relevant insights from the author's personal experience questions to consider and additional resources to find specific assistance The author of Mom Minus Dad gleaned intimate knowledge of balancing her own life with a newly widowed parent Ms Haverkamp assisted her fifty-six-year-old widowed mother in Virginia while still running her real estate business in California after the early unpredicted loss of her father to cancer In her groundbreaking book Haverkamp shares how she and her sister both in their early thirties found success and managed struggles during their journey after their father's death This is a reference guide griever's will refer to during the year after loss and years beyond

Alternative & Complementary Therapies ,1998

The Complete Idiot's Guide to Simple Living Georgene Muller Lockwood,2000 Provides suggestions to help prioritize and streamline activities including work home and relationships in a time-saving manner

Popular Science ,2004-01 Popular Science gives our readers the information and tools to improve their technology and their world The core belief that Popular Science and our readers share The future is going to be better and science and technology are the driving forces that will help make it better

Must Love Dogs: Who Let the Cats In? Claire Cook,2016-06-29 Must Love Dogs has already been a major motion picture and now New York Times bestselling author Claire Cook's hilarious and heartwarming series is begging to hit the screen again as a miniseries or a sitcom Nancy Cartwright Lepri New York Journal of Books Reading about how life goes for this wacky marvelously lovable family becomes addictive Pamela Kramer Examiner Sarah and John are buying Sarah's family house and they're hoping their relationship will survive it Sarah's dad is part of the deal and so is the litter of kittens they've discovered under the front porch Finding a contractor isn't as easy as they thought it would be one of the parents at Bayberry Preschool is driving Sarah crazy and a big nor'easter is barreling toward town From Claire Cook New York Times bestselling author of

the novel turned romantic comedy movie starring Diane Lane and John Cusack comes Must Love Dogs Who Let the Cats In Book 5 of the fun and fabulous Must Love Dogs series The Must Love Dogs series Must Love Dogs 1 Must Love Dogs New Leash on Life 2 Must Love Dogs Fetch You Later 3 Must Love Dogs Bark Roll Forever 4 Must Love Dogs Who Let the Cats In 5 Must Love Dogs A Howliday Tail 6 Must Love Dogs Hearts Barks 7 Must Love Dogs Lucky Enough 8 Wildly witty USA Today Cook dishes up plenty of charm San Francisco Chronicle Funny and pitch perfect Chicago Tribune A HOOT The Boston Globe A hilariously original tale about dating and its place in a modern woman s life Book Page This utterly charming novel by Cook is a fun read perfect for whiling away an afternoon on the beach Library Journal CLAIRE COOK wrote her first novel in her minivan at 45 At 50 she walked the red carpet at the Hollywood premiere of the movie adaptation of her novel Must Love Dogs starring Diane Lane and John Cusack which is now an 8 book series She is the New York Times USA Today and international bestselling author of 22 fun and inspiring books If you have a buried dream take it from Claire it is NEVER too late Join Claire s newsletter list to receive your free welcome gift and stay in the loop for new releases giveaways and insider extras at ClaireCook.com

EcoChi Debra Duneier, 2014-09-05 Scientific and mathematical studies dating back to ancient far eastern tradition prove that the space that surrounds us is not easily separated from who we are how we feel and each of the life choices we make Debra Duneier s EcoChi System is built on a solid foundation of classical feng shui green and sustainable living healthy choices and environmental psychology EcoChi goes beyond design and materials It is about the kind of life that can be achieved when our spaces and surroundings work for us rather than against us In her book Debra invites you to share her journey and read the honest open revealing stories of her clients who have experienced the power of EcoChi firsthand In fact just by picking up this book you have already embarked on the joyful path to your own EcoChi transformation

Extraordinary Uses for Ordinary Things , 2005 Everyday uses for ordinary things in your household

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