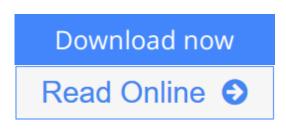


Making Peace with the Things in Your Life: Why Your Papers, Books, Clothes, and Other Possessions Keep Overwhelming You and What to Do About It

By Cindy Glovinsky



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 By Cindy Glovinsky

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, nonjudmental 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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## **Editorial Review**

#### From Library Journal

While both of these books are aimed at people who bemoan the amount of stuff they've accumulated, their approaches are completely different. Glovinsky, a professional psychotherapist and professional organizer, asks readers to examine the underlying psychological issues that they have with "things." She explains different mental glitches that can make organizing harder for some people than others. Quizzes and checklists are offered so that readers can identify their thing issues and compensate for and/or ameliorate them. Basically, she takes Julie Morgenstern's Organizing from the Inside Out to the next level. Smallin, on the other hand, shares some concrete tips and techniques to control clutter. Unfortunately, she strays from that direction and digresses into topics such as personal finance (she gives tips on saving and investing), personal safety (she explains why semiannual fire drills are important), and final arrangements (she provides lists of what must be done when there's a death in the family). This lack of focus, coupled with an annoying tendency to repeat the same hints in different paragraphs, makes her book an optional purchase for public libraries. Glovinsky's book is recommended for any public library where clutter-control books circulate well. Pam Matthews, M.L.S., Olmsted Falls, OH

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#### About the Author

Cindy Glovinsky, M.S.W., A.C.S.W., is a licensed psychotherapist and personal organizer. The program director of the National Study Group on Chronic Disorganization, she has presented at the National Association of Professional Organizers conference. She lives in Ann Arbor, Michigan.

### **Users Review**

#### From reader reviews:

#### James Fletcher:

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#### Kristen Hamilton:

The actual book 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 has a lot of knowledge on it. So when you check out this book you can get a lot of help. The book was published by the very famous author. This articles author makes some research just before write this book. This kind of book very easy to read you will get the point easily after looking over this book.

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Are you kind of active person, only have 10 as well as 15 minute in your moment to upgrading your mind skill or thinking skill perhaps analytical thinking? Then you are experiencing problem with the book compared to can satisfy your short period of time to read it because pretty much everything time you only find reserve that need more time to be learn. 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 can be your answer mainly because it can be read by anyone who have those short free time problems.

#### Gene Conley:

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