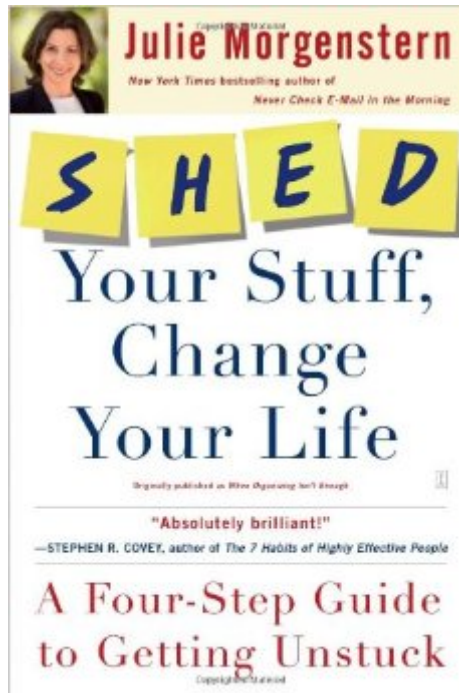


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SHED Your Stuff, Change Your Life: A Four-Step Guide To Getting Unstuck



Synopsis

Expert organizer and > bestselling author Julie Morgenstern teaches you how to get rid of the physical, mental, and time clutter that's keeping you from the life you want. Julie Morgenstern has made a career out of helping her clients get organized. But in the process, she discovered something surprising: for many of her clients, organizing isn't enough. For those who are eager to make a change in their lives—a new job, a new relationship, a new stage in life—they need to get rid of the old before they can organize the new. They need to SHED their stuff before they can change their lives! So Julie created the SHED process—a four-step plan to get rid of the physical, mental, and schedule clutter that holds back so many of us. But SHEDding isn't just about throwing things away! Julie teaches that it's just as important to focus on what comes before and after you have the clutter, so that the changes you make really stick in the long term. Learn about:

- Separating the treasures (figuring out what really matters)
- Heaving the rest (undertaking the tough work of eliminating excess)
- Embracing your true identity (figuring out who you really want to be)
- Driving yourself forward (achieving real change now that the past isn't holding you back any longer)

Whether you're facing a move, a promotion, an empty nest, a marriage, divorce, or retirement, SHED Your Stuff, Change Your Life provides a practical, transformative plan for positively managing change in every aspect of your life.

Book Information

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Customer Reviews

I can't say enough about how great this book is! I had been in a rut for quite some time, and I didn't

really know what to do next. Then I saw this book, and being a fan of *Organizing from the Inside Out*, I decided to give it a try, though I was kicking myself the whole way home from the bookstore because I bought "yet another" self-help book and I already had a ton of them. Thankfully I didn't listen to my reservations this time, because this is one of the best self-help books I have ever read. I forced myself to work slowly through the process, reading one part, answering the questions and taking actions, then reading more. And now I stand back, looking at my clean house and schedule, and I have so much energy. Furthermore, I have tons of ideas for moving my life forward in new, exciting directions, things that never would have occurred to me with all of the obsolete clutter in my life. As I mentioned, I had a bunch of self-help and organizational books (SHEDded those!!) and I felt this one helped me more for several key reasons: *Picking a "theme" for the next phase of my life. I had spent months agonizing over which career I wanted to do, to no avail, so picking a general theme and not having to make any specific decisions immediately helped me enormously. *Differentiating between "junk" and "obsolete stuff." My house was pretty much junk-free, but I had a lot of obsolete stuff. For example, I had a huge book "collection" (over 350 books), most brand new, that were still perfectly good, that I would never, even in two lifetimes, have enough time to read. SHEDding these books (keeping only the treasures) lifted a huge weight off my shoulders. Morgenstern also guides readers to reflect on why they have acquired the clutter they have, which was very helpful to me.

This book is the pirate's treasure map and shovel; use these to dig the hole and find the payoff: a free one-way trip from Stuck Island. Six months ago, while I waited for the book to arrive, I entered the SHED cycle based on information in other reviews of this book. During that week I second-guessed the order - couldn't I declutter and get unstuck without it? The answer is "yes" - after all, the author got unstuck years ago without having this book, but not systematically: she had to figure it out over a period of years. I made a big declutter a couple of years ago but it wasn't on the scale Julie recommends. Although my home looked better, my life didn't get noticeably unstuck. Clearly I needed a systematic, tried-and-refined method. This book offered it. This systematic program allows you to be productive quickly but, because you are doing some intensive psychological rearranging, you must allow for organic evolution. For me it wasn't a matter of doing Step 1, then Step 2 in linear fashion, as the book suggests. There were several steps going on simultaneously. For example naming my theme was not a simple one-week task, even with the helpful examples; it was continually refined throughout the SH steps. I naively thought I'd finish all the SH steps within a month or two, but I had to rest after each stagnant area because I was drained.

It's not like I had a ton of stuff but there were some significant dead zones. I worked hard throughout Spring and Summer. Then a couple of curious things happened with no effort on my part: I was transferred to a new job in a less dysfunctional setting and a friend told me about a new beginner-level class that I had been unable to find earlier. This class was perfect for launching the shed's ED phase.

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