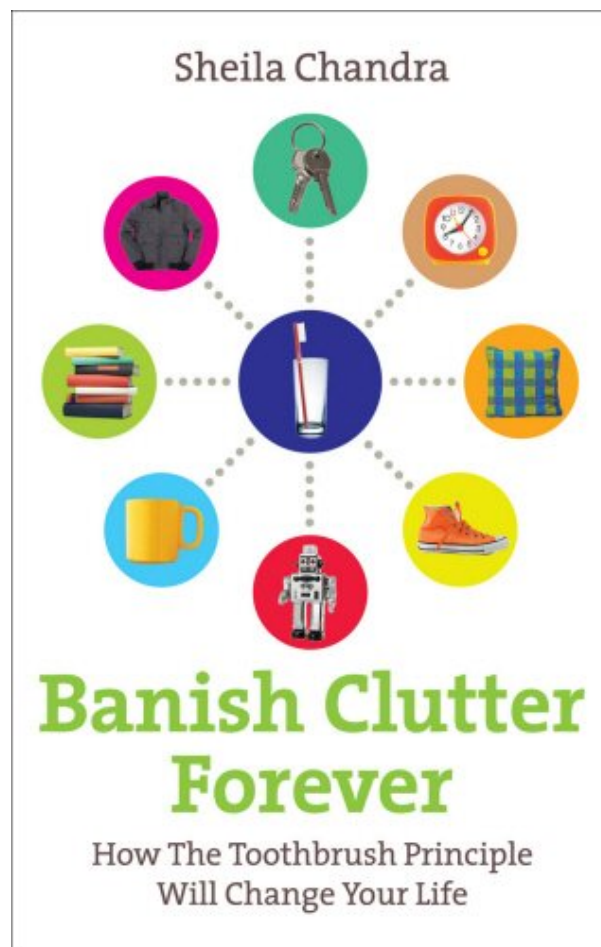


BANISH CLUTTER FOREVER: HOW THE TOOTHBRUSH PRINCIPLE WILL CHANGE YOUR LIFE BY SHEILA CHANDRA



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Review

"Does it work? Yes! I feel...I know where things are." -- Kate Baily Sunday Express

About the Author

Sheila Chandra is a pop and world music singer and songwriter with 10 albums to her credit. She manages herself and runs her own music publishing and production companies.

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When you are rushed of task due date and also have no idea to obtain motivation, **Banish Clutter Forever: How The Toothbrush Principle Will Change Your Life By Sheila Chandra** book is one of your remedies to take. Reserve Banish Clutter Forever: How The Toothbrush Principle Will Change Your Life By Sheila Chandra will give you the best source and also thing to obtain motivations. It is not just regarding the works for politic company, management, economics, and other. Some purchased works making some fiction works likewise need inspirations to conquer the work. As exactly what you require, this Banish Clutter Forever: How The Toothbrush Principle Will Change Your Life By Sheila Chandra will possibly be your option.

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A revolutionary system to help even the most disorganized person live in a state of clutter-free bliss, forever Why is it that even the most disorganized person never seems to lose their toothbrush? How can this simple fact solve all clutter problems? The Toothbrush Principle is a simple yet inspired approach to decluttering any home. Whether in a mansion or a one bedroom apartment, this book will teach readers how to organize according to the unconscious blueprint that naturally tidy people have, so that getting and staying organized is easy. Using this system, readers will learn what to throw away with confidence; how to set up a wardrobe to get much more use out of the clothes they already have; how to work from home productively in a clear, designated space; and how to tame their inbox! Step-by-step, room-by-room, those looking to lose their clutter will soon find that they hardly ever lose things, that massive clear-outs become a thing of the past, and that they never spend more than 10 minutes a day tidying up. Here is the key to stop drowning in piles of clutter and start creating space to live out the life of your dreams!

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Features

- Banish Clutter Forever: How the Toothbrush Principle Will Change Your Life

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Most helpful customer reviews

79 of 84 people found the following review helpful.

Who do you want to be?

By Damaris

It doesn't matter how brilliant, educated, or artistically gifted you are; if you live in a cluttered environment, it is hard to be productive, feel relaxed and be inspired. The toothbrush principle Sheila Chandra proposes is

marked by simplicity and effectiveness: clarify your vision, create a system based on how and where you do what you do, discern what is important, adopt a routine to maintain it. Voila!

As a mentor/life coach and former Professional Organizer (Less Cargo), I can attest to the effectiveness of the principles outlined in this book. Beyond practical advice on how to go about the (possibly overwhelming) task of straightening out your physical space, Sheila asks some probing questions to encourage the reader to find out what lies at the base of the clutter problem. "Who do you want to be?" Seems like a big question for a seemingly 'little' topic such as de-cluttering, but it's at the core of any lasting shift. "One of the most common ways of stopping yourself achieving something that you really desire, but which actually challenges or scares you a little too much, is to make your space and time so disorganised that you don't create that thing in your life. That way you can let the chaos take up your headspace and stop you thinking about the fact that you are not achieving." She nailed it! And, lucky for the rest of us, shared it in this handy little book filled with useful techniques and brilliant observations.

If you are tired of the clutter around you, desire to live a more organized, peaceful and productive life and are ready to make a change, Sheila Chandra's Toothbrush Principle can help you live the life of your dreams - clutter free!

51 of 55 people found the following review helpful.

Helped me find the Zen space I always wanted..

By Ms. S. J. Terry

A fantastic book. It really feels as though Sheila holds your hand all the way. I thought I didn't have any clutter until I read it. I loved the in depth understanding of our relationship with our possessions and all the reasons we cling on to stuff, this helped me clear out a load of things I was only keeping out of guilt and which held a negative energy for me. It is such a relief and revelation to clear out to this degree.

I feel so much gratitude to this book it has given me permission to let go and risk making the mistake of letting go of something I might need but probably wont. The feeling of freedom is amazing. Which reminds me of one of my favorite quotes "every unnecessary possession is a restriction on your freedom." The only thing I will say is NEVER ever get rid of your juicer you need this to cleanse the toxic clutter and waste that resides in your body and prevents your body from healing itself, a juicer is as important as a hoover. I also feel teenagers need a clutter free space so they can function, get ready for school and do their home work, I tried letting my daughter have the option to not tidy her room and she got is such a state and ended up constantly missing the bus because she couldn't find her books and uniform in the morning.....so I have to hold a boundary with her on this, for her own good. But something I noticed is when I started clearing out the whole house my daughter got the bug and started clearing out a load of clutter from her room too.....a miracle!!

I love this book and 100% recommend it, I feel it has helped me reach the Zen space I have been dreaming of in my home....Thank you Sheila.

48 of 52 people found the following review helpful.

From Transformation to Transformation

By Lion Goodman

Sheila Chandra has transformed herself from a well-known and award-winning indi-pop vocalist and musician with a dozen CDs to her name, to an effective guide for transforming the clutter in your life. Her book is as effective as her music for changing your environment. If you suffer from piles of clutter around you (like I do), this is the cure. When you've completed her recommendations, your life will look and feel different -- more open and free. She follows the well-known principle that anything out of place causes a tiny bit of your attention to "stick" to it. So every single thing you put away or throw away releases that tiny bit of

attention back to you. You then have more attention, which you can use to tackle the next project, or take better care of yourself. This book is a life saver. Go transform yourself!

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