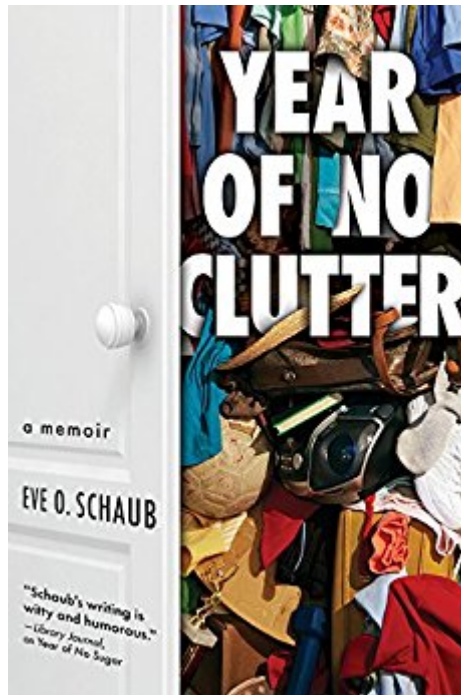




The book was found

Year Of No Clutter: A Memoir



Synopsis

Eve has a problem with clutter. Too much stuff and too easily acquired, it confronts her in every corner and on every surface in her house. When she pledges to tackle the worst offender, her horror of a "Hell Room," she anticipates finally being able to throw away all of the unnecessary things she can't bring herself to part with: her fifth-grade report card, dried-up art supplies, an old vinyl raincoat. But what Eve discovers isn't just old CDs and outdated clothing, but a fierce desire within herself to hold on to her identity. Our things represent our memories, our history, a million tiny reference points in our lives. If we throw our stuff in the trash, where does that leave us? And if we don't...how do we know what's really important? Everyone has their own Hell Room, and Eve's battle with her clutter, along with her eventual self-clarity, encourages everyone to dig into their past to declutter their future. Year of No Clutter is a deeply inspiring and frequently hilarious examination of why we keep stuff in the first place, and how to let it all go.

Book Information

File Size: 1660 KB

Print Length: 322 pages

Publisher: Sourcebooks (March 7, 2017)

Publication Date: March 7, 2017

Sold by: Digital Services LLC

Language: English

ASIN: B01MYA4G46

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #147,910 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #15

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Addiction & Recovery > Hoarding

#17 in Books > Health, Fitness & Dieting > Addiction & Recovery > Hoarding #113 in Kindle

Store > Kindle eBooks > Crafts, Hobbies & Home > How-to & Home Improvements > Cleaning,

Caretaking & Relocating

Customer Reviews

This book literally grabbed me as I was walking through a book store to their restroom. No thought in my mind to even look at their books. It hooked on my shirt falling to the floor so I had to look at it. Divine intervention...maybe so. On whim I purchased it. Surprisingly it fit what I was experiencing in my own life. I didn't need a book to tell me how to declutter, I needed a book to help me deal with the distress of decluttering. My mother recently passed. She was a borderline hoarder, my family is full of them. I have struggled my whole life with not keeping those "useful" things. Faced with decluttering my home of my mother's and my belonging froze me...physically and mentally. This book gave me the thoughts needed to move forward. Two and half truckloads of "clutter" gone and still going. Thank you.

I "read" this as an audio book through Audible, but I loved it so much, I wanted a paper copy I could make notes in. As a fellow hoarder, I really appreciated her candor about her situation and her family's reactions. She spoke to me like a friend and confidante. I would recommend this book to anyone.

Loved this book! Very entertaining, she tells of a story that I can relate to oh so well. Not necessarily everything she says could be exactly me, but you want to hear the story anyway (love the audio version). The majority of her stories and traits could be talking about me, wow that makes me feel better...I am not alone! ^_^

Love the book...fun, easy read. But not too easy and fun. Made me laugh, but gave me a lot to think about.

Eve had been an art student and now her daughters happily played with art project material in the spare room. But following a year of no sugar, Eve looked around for a new project and realised nobody could get into that spare room any more. She had literally kept everything, even school report cards and baby clothes. Could she declutter the room - as it turned out, the entire house - in a year? I enjoyed the later chapters more than the early ones, because Eve takes a good long time to really get under way. She starts to sort papers - reading - and she goes to visit a more cluttered house. This seems like deferring her own work as she only has half days and Saturdays. Her younger daughter was, as in a book I read about a year of no internet, young enough to accept what the parents said. Her older daughter was a fantastic help, a whirlwind of activity. Her husband wasn't much help but was polite about Eve's hoarding issues; then it turned out of course, that his

photography work had been stored in the art room too. Years of it. Eve discusses her own family and asks whether she inherited her behaviour, and why she finds it hard to make decisions about throwing things away. Her dad turned out to have stored Betamax recorders. Other family members were downsizing and offering her bulky furniture. Some cherished items she uncovered triggered family memories so she wanted them. Eve realised that if she didn't separate out what actually held personal value for her, after her death everything would be dumped by others. I really liked Eve's craft week when she brought old clothes she had loved, and cut pieces from them to make into a quilt. Cutting them up must have felt like a betrayal to her. But this way she could keep a small bit to remind her, and the rest could go. She donated bags and boxes full and recycled constantly all year. The whole house was becoming more cluttered looking with items awaiting disposal - and then with a guest to arrive, Eve realised that yes, every room had been holding other clutter all along. The art room just had the oldest stuff. There are some amusing scenes in the tale but often they are amusing and dreadful at the same time. I like that Eve's mentality was realised to be a problem and she retrained herself to make decisions. The account may seem too extreme, but there is a touch of collector in all of us, so we need to realise that not everything that has been useful is continually needed. As I said the cleaning work speeds up towards the end so keep reading and don't forget that young people do copy adult behaviour. I would have liked more creative suggestions about re-using materials but we see a lot of shredding and hauling away in the car boot. You may also like 'Throw Out Fifty Things' by Gail Blanke. I downloaded this ARC from Net Galley. This is an unbiased review.

Great read, not a how-to but fascinating!

Great book. Real page turner!

During my progress update, I wrote this book seems slightly 'cluttered', to use the author's words. However, having finished the whole thing, I feel that it has every right to be. A) it seems totally fitting to the author's character - any other thing would have felt just not right. Good thing too that the editors did not (as I initially hoped) de-clutter the story too much. While this is not a self-help guidebook, the book offers several notes of advice on how to handle and reduce your clutter, just not as straight-forward, but to be found in between the lines (actually, there are even one or two lists that might come in handy for the reader). As for the rest, the book really reads like a kind of memoir (I wondered why it was categorized there) and it got very personal in the process. There were many

small anecdotes which at first I deemed 'clutter', but which make reading this book such a likable and honest thing. The author is not some self-proclaimed expert on organizing or cleaning up, but she is one of 'us' - a person that has experienced clutter herself and decided to do something about it, while at the same time admitting she will never be a neat-freak. It was consoling to see so much similarities in her way of thinking and behaving. While I do not have something as large as a complete Hell Room, there are several corners and boxes in my home that have mysterious clutter-magnetic powers. I could relate to the author's outbursts of clearing frenzy as well as her phases of depressed numbness very well. There are certain days where sorting is the easiest thing to do, while on others I can't seem to part with even the smallest thing while at the same time feeling overwhelmed by all the clutter in my life. So I decided long ago to just roll with the tide and do my clearances only when in the right mood - otherwise I will only end up shifting things from one place to another without actually achieving something. Usually spring is my perfect season to declutter, so it was a good thing I read the book now as a reminder and motivation to start another round of me vs. clutter. While any actual practical advice taken from this book was not new to me, the author put in clear words how I feel about my clutter but which was always slightly fuzzy - one thing is the past of things, the memories and feelings they represent and which is hard to let go, even if it means only physically. The other is 'it may be useful to someone some day'. I absolutely share this reluctance to part with stuff that is not broken and still perfectly usable, even if keeping it or trying to find someone who has use for it takes up lots of space and time I could spend in better ways. So while I often feel slightly intimidated by expert guidebooks and sometimes even wonder how they can give advice on something they haven't experienced personally (ha! it's easy for them to talk), this book meets you on 'eye-level', so to speak, and I'm more willing to take advice that has actually been put to the test. While it seems my review got a bit cluttered itself now, I only have good things to say about this book, so I guess that's OK ;) Recommended!

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