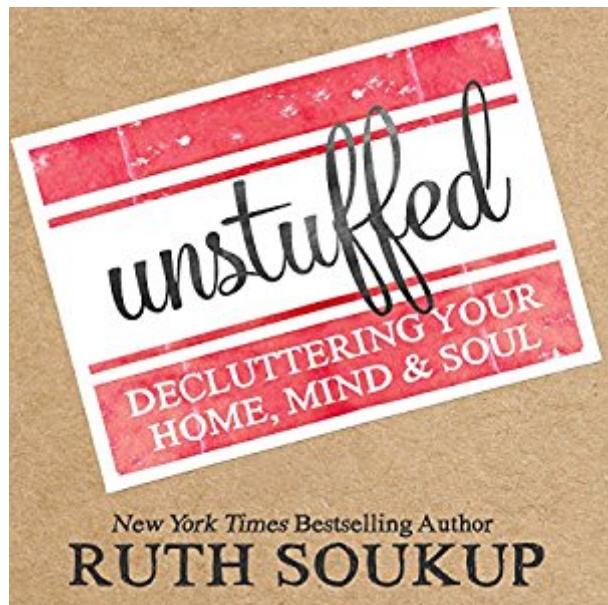


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# Unstuffed: Decluttering Your Home, Mind & Soul



## Synopsis

Ruth Soukup, a New York Times best-selling author and founder of the wildly popular blog LivingWellSpendingLess.com, knows all too well just how overwhelming it can feel to have a home - and life - filled with too many things. Through personal stories and practical action plans, she inspires and empowers other women to finally declutter not only their homes but their minds and souls as well. *Unstuffed* is real and honest and speaks to the heart of the question so many of today's women are asking: How can we take back our lives from all the STUFF that is weighing us down? From recognizing the pitfalls of overfilled closets to combating the culture of busy that keeps women running from one thing to the next to finding life balance by learning how to let go of unhealthy habits and stress, listeners will journey with Ruth as they overcome chaotic, out-of-control schedules, overstuffed homes, and undernourished souls.

## Book Information

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## Customer Reviews

The first thing to remember about *UNSTUFFED* is that it is not really about getting rid of clutter. Yes of course, the author does talk about getting rid of unwanted stuff, but that's not the real point. The real point, Ms. Soukup explains, is that you get rid of this stuff so that you can see what is REALLY important in life. It could be relationships, it could be your family, it could be lots of things--but the clutter is getting in the way. The author freely admits that she really feels the attraction of accumulating things: I love to get stuff. I love to give stuff. I love the idea of stuff. I love getting a good deal on stuff. Stuff is pretty. Stuff makes me happy. Of course, we should strive to simplify, but here's

the key: "Becoming unstuffed, truly unstuffed, is much more than that. It's changing the way we look at our homes and the stuff we live with. It's changing the way we look at our schedules and the stuff that fills our time. It's changing the way we look at our relationships..." As for the practical ideas, the author presents 10 simple habits, which alone can go a long way to help you simplify your life. They are not earth-shattering ideas; rather, they are simple but effective ways to achieve a lot for a little time. Here are a few: making your bed properly, promptly trashing junk mail, or even just cleaning the kitchen sink. Each of these habits only take a minute or two, but they are a good step to simplifying and de-cluttering your home. Much of the emphasis in **UNSTUFFED** is how to deal with clutter in your family--especially in buying your kids things. The author suggests that you teach the kids the value of money, by helping them to associate the reward with the effort.

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