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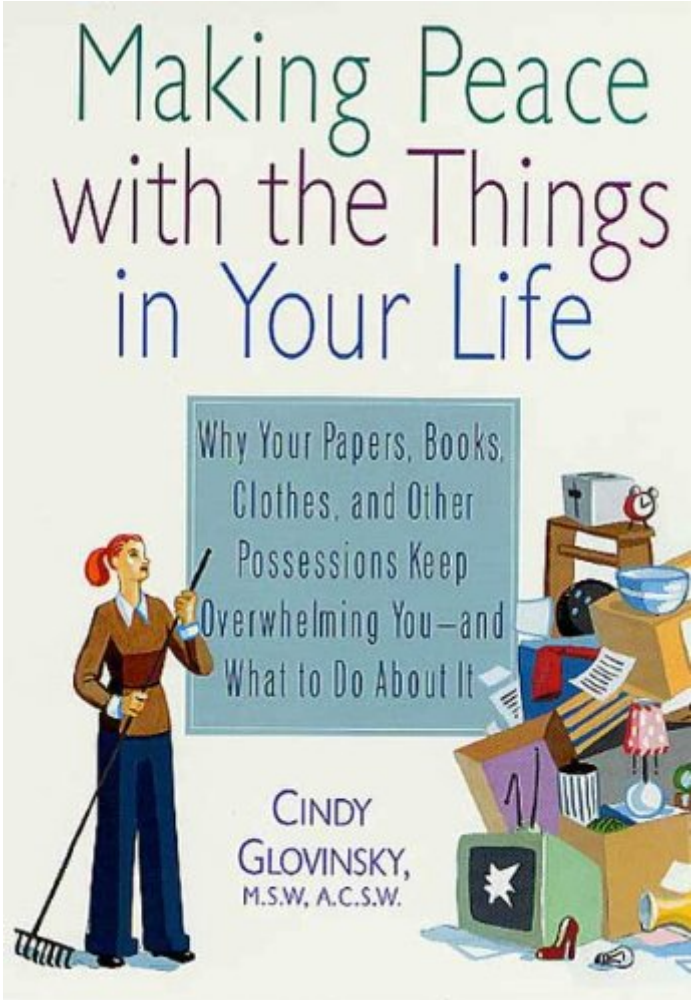
Making Peace With The Things In Your Life: Why Your Papers, Books, Clothes, And Other Possessions Keep Overwhelming You And What To Do About It



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Synopsis

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!

Book Information

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Caretaking & Relocating

Customer Reviews

This book explains a multitude of factors that may be leading us to hoard and suggestions for how to overcome these factors. I loved the information on how factors in our brains impact our abilities to make decisions, sort and make categories and also affect how we store what we accumulate. I've read many books on hoarding and this was one of my favorites because it actually helped me begin to reduce my hoard and be more kind to myself about hoarding as I worked to change it. Definitely buy this book. It has a very positive and upbeat approach. Also has lots of helpful checklists. One of the checklists helps you to see if you are a hoarder, one talks about hoarding and love, fear, happiness and anger, and one talks about how to organize things and your schedule. Enjoy this book! I certainly did and I will happily reread in the future.

The book is an excellently written, humorous track to run on for getting your things and Things either stored, tossed, recycled or found to be reused.I frequently marked paragraphs to come back to. Thanks Cindy for your book. What I do with its guidance remains to be seen but I am committed to follow its lessons and principles.I will likely purchase the one focusing on office decluttering too as that currently is my main focus turning 44years of insurance and investment client files, proposals, trust documents, applications into to a shred pile, a scan pile, or a call pile etc. Again, thanks..

I have read many, many books on the topics of organizing, simplifying, cleaning out,etc., and this is, to me, one of the very best books that I've read. It was a positive book and helped sort things out in my mind as to how things accumulate. I rate this book very highly and found it to be most inspiring.

If you find your missing car keys in the fridge or run the washer without first loading the clothes, this is the book for you! In fact, I would highly recommend it to anyone who has tried traditional organizing methods but met with little success. Glovinsky will help you find new insight into why your relationship with your possessions is so difficult and will then guide you in developing individualized organizing methods that will actually work for you. After years of dealing with ADD, I can honestly say this is the first book that's ever truly helped me in this area.

This is the first book that helps me ask myself the right questions as I try to achieve a life not so dominated by the slavery to "Things". And yes I have almost all of the other books about

organization! This book and Buried in Treasures,Buried in Treasures: Help for Compulsive Acquiring, Saving, and HoardingÂ Compulsive Hoarding and Acquiring: Workbook (Treatments That Work)along with StuffStuff: Compulsive Hoarding and the Meaning of ThingsÂ are the best I have found, providing an understanding of why we cling to "Things" and how to approach all our possessions. The title says it all!

Ms. Glovinsky begins with a simple idea: that all people have emotional responses to their Things. And she ends with a meditation on life. Warm, witty, thought-provoking and kind, Ms. Glovinsky gently teaches you to identify your reactions to Things, whether those reactions are fearful, possessive, angry, joyful or a complex mix of many feelings. She goes on to coach you to learn detachment from your emotions and Things, to allow you to more easily relate to, organize and even let go of items. She also teaches that there is no "right" way to organize: there is whatever way will work for you. This is the first book I recommend to my organizing clients.Lauren A. Williams, Casual Uncluttering LLC, Woodinville, WA, USA

BOOK REVIEW 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. Cindy Glovinsky. 2002. 263 pages plus index and notes 288 pages.Valuable, practical read. Slow plodding as ideas are thick what with how our individual brains and psyches work for and against us...I found it more of a time management and how to understand one’s quirks than a how to declutter manual....I read and savored every well wrought word but it was slow painful slogging...Most valuable was her advice to not beat yourself up but to take breaks and come back to the task at hand, heart, and mind....I had to take lots of breaks to let her sharp analysis of how we sabatoge ourselves sink in and then come back to it after giving myself rewards for coving a few pages at a sitting...you won’t read this Thing about Things straight through..Too thick with truths about how we humans work---and avoid work....how we trip ourselves up, how we find happiness, how we bury it under Thing Mountains and the Alps of Stuff (see George Carlin’s riffs such as his wonderful "a house but a box w/ a roof over our stuff so we can go outand bring back more Stuff"...etc.)Cindy has a wonderfully wry insouciance with words and surprises the reader on almost every page with a delightful twist of words: the world won’t end if you screw up again. Cut yourselfsome slack but get back to time on task...Well worth the time and money invested in this Thing I have read and now mail, media rate, to someone special as a birthday present.I highly recommend it. Fun and practical.Unique insights. This Thing pays you back for the time and money you invest in it...I award FIVE of those starry Things to this

great self-help Thing!

Great book to help me deal with THINGS. I didn't even think I had an issue with THINGS. Everyone needs to read this because THINGS can me many different kinds and most of us don't think we have issues with THINGS. lol

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