

Suggested Reading

“No More Clutter” by Sue Kay

Hodder & Stoughton, 2006, ISBN: 978-0-340-83677-4

Sue Kay is a psychologist, director of the No More Clutter organisation and founder of the Association of Professional Declutterers and Organisers UK (apdo-uk). Includes advice on decluttering in emotional situations such as moving house or a divorce. “No More Clutter” helps you liberate yourself from the tyranny of surplus stuff and live a more harmonious life.

“Banish Clutter Forever” by Sheila Chandra

Vermilion, 2010, ISBN: 978-0091935023

Why is it that even the most disorganised person never seems to lose their toothbrush? The Toothbrush Principle is a simple yet inspired approach to decluttering your home. Step-by-step, room-by-room, you'll soon find that you hardly ever lose things, massive clear outs become a thing of the past and you never spend more than 10 minutes a day tidying up.

“How to De-junk Your Life” by Dawna Walter and Mark Franks

BBC Worldwide Ltd, 2002 ISBN: 0-563-53475-3

Accompanied the BBC TV Series “Life Laundry”. Everyone has clutter in their home – old magazines, clothes that don't fit, kitchen utensils never used. This junk has a huge emotional impact: clearing it away can be an energizing experience. Storage expert Dawna motivates you to let go of things you don't use and start afresh. Some junk you can turn into cash, or recycle.

“The Power of Less” by Leo Babauta

Hay House UK, 2009, ISBN: 978-1-84850-116-4

Though we are surrounded by what we want, our desire to keep and still get more creates a pressure that we cannot tolerate. The flip side of our society's growth is that we can choose what to accept, and what not to accept: what to keep, and what to lose, joyfully and consciously. With The Power of Less, you will be able to start a complete shift from wanting everything to needing nothing, be able to live your life simply without compromise, and discover that though we cannot have everything we want, we can obtain anything we will ever need.

“Throw Out 50 Things: Let Go of Your Clutter and Grab Hold of Your Life” by Gaile Blanke

Springboard Press, 2009, ISBN: 978-0446505796 or (2010) 9780446505789

Blanke wants to start a movement of people across America throwing out fifty things (magazines count as only one!) that will help liberate us from the stuff—both physical and mental—that clutters our lives. It is the physical stuff that keeps us from being happy and calm in our house – not to mention keeps us from finding our keys in the morning! And it is the clutter in our mind that drags us down and holds us back from living the life we want to live.

“The Ultimate Guide to Clearing your Clutter” by Mary Lambert

CICO Books 2010, ISBN: 978-1907030130

Learn exactly how to declutter, room by room, and use simple Feng Shui techniques to understand your connection to your junk and why it can be so hard to get rid of it.

“The declutter workbook – 101 steps to transform your life” by Mary Lambert

CICO Books Ltd, 2004, ISBN: 1-903116-88-0

The Declutter Workbook delivers achievable de-junking projects that will fit into your life, no matter how chaotic your clutter or great your dread of the great clear out. Clutter is an insidious problem of our materialistic lifestyles today but releasing it can be transformational. Mary Lambert is a qualified Feng Shui consultant, Reiki practitioner and writer.

“Cut the Clutter” by Cynthia Ewer

Dorling Kindersley 2010, ISBN: 978-1405351904

With wit, humour and style, Cynthia Townley Ewer sets about solving the many obstacles of running an orderly home. Plus, pick up tips on the specifics of running an organized home from 'food', 'clothing', 'surfaces and systems' to 'room to live' and 'paper handling'.

“Organising from the Inside Out” by Julie Morgenstern

Owl books 2004, ISBN: 978-0-8050-7589-2 or 0-8050-7589-5

Morgenstern’s flexible, scalable three-step system – analyse, strategize, attack – can be applied to any space or situation, from an overstuffed handbag to an overflowing garage. So whether it’s a refrigerator cluttered with leftover mystery meals, a generation’s worth of family photographs, or the challenge of living or working with a disorganised person, Julie will show you how to handle it all.

“The ICD guide to challenging disorganisations” by The Institute for challenging disorganisation

2012, ISBN: 978-1-937933-01-2

This is the first book to comprehensively examine chronic disorganisation in the context of physical and mental health conditions. The book presents a collection of educational materials by experienced professional organisers and related professionals on the subjects of AD/HD, depression and anxiety, compulsive buying and hoarding, Asperger’s, downsizing, relocating seniors, grief, learning disabilities, physical challenges, traumatic brain injury, learning styles, goal setting, time management and much more.

“Stuff”: Compulsive hoarding and the meaning of things” by Randy O Frost & Gail Steketee

First Mariner Books 2011, ISBN: 978-0-15-1014231-1 or 978-0-547-42255-8

Randy and Gail became the first scientists to study hoarding. They expected to find a few sufferers. Instead, they uncovered a startling epidemic. In this book they distil the results of more than a decade of research into a series of engrossing and intimate case studies.

“Simplify Your Life” by Naomi Saunders

Sheldon Press, 2006, ISBN: 978-0859699723

Most people take on too much, buy too much and expect too much. But, a cluttered and complicated life is a major factor in causing stress. Some people are so overwhelmed by their possessions and lifestyles that they cannot enjoy what they have. This book shows that 'less is more' and suggests many practical, everyday ways of scaling life down so that it is more manageable.

“The Clutter Clinic: Organise Your Home In 7 Days” by Romaine Lowery

Weidenfeld & Nicolson, 2008, ISBN: 978-0297844631

Offers room by room guidance on how to reorganise your home and 'love the home you are in' again. Strong before and after visuals together with Romaine's easily achievable suggestions will make a seemingly overwhelming task become simple. There is an extensive shopping directory of retailers, mail order companies and websites who sell everything you need to get organised from great storage solutions to dual purpose furniture by new young designers.