



# Clutter Be Gone : 10 Steps To Decluttering Your Home, Life, Finances And Your Marriage Guide on Decluttering your Life For Good

*Maria Shriver*

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Every definition of 'clutter' relates to covering an area with disordered or scattered items which reduce efficiency and/or obstruct movement. Since this so aptly describe what clutter really is, you will come to understand that 'de-clutter' is considered the opposite. It essentially speaks to arranging things in order to make the area tidy and can bring about efficiency and facilitate free movement.

The majority of hoarders are experiencing a psychological issue which requires addressing. If you are reading this book and realize that you are listed in this group, you need to quickly get yourself some assistance from a psychologist.

The writer of this book describes the importance of de-cluttering and doing so in a systematic way when the decision is made to do so. This is because if (for example) you go at it in a disorganized manner you could end up with a clutter situation that is worse than what was there before) and get really discouraged about continuing the process.

Decide on a particular system and time frame which will involve grouping objects in categories then placing them to one side that will be placed in their respective places as soon as the majority of the clutter is cleared. Look for professional yet inexpensive guides that offer information on the most ideal method of de-cluttering.

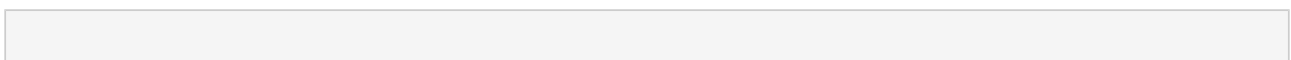
### About the Author:

Maria Shriver-Williams is considered authorized to tell you about cluttering; its causes, effects and how to go about getting rid of it because she has been in the shoes of persons who clutter. She relates in her book how hoarding has its roots in some form of insecurity such as financial, among others.


Somewhere deep in the mind there is the fear that they will not gain the required resources if they get rid of any kind of possession, regardless of how useless, worn or unnecessary it really is. This behavior is common among families who come upon very challenging financial situations but this behavior is not limited to them. Some people like Maria did not have her own blanket of security while growing up and started hoarding during adulthood as a result.

She, however, assures readers who are having this experience that de-cluttering is not only necessary but achievable. You will know when your clutter break is approaching when you are able to move in your space, find things that are required when required, and not experience stress on a daily basis that usually relates to excess clutter.

Maria knows that it is very likely to be painful starting the process but the decision must be made to ruthlessly de-clutter. However, with the help of a psychologist you can be successful like she was.



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