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The Mindset Of Organization: Take Back Your House One Phase At A Time

THE MINDSET of ORGANIZATION

Take Back Your House One Phase at a Time



Synopsis

Have you bought and read more books on home organization than you can count? Let me guess: Â¢ Go paperless. Â¢ Get rid of everything that doesnÂ¢t spark joy. Â¢ Color coordinate your wardrobe. Um, yeah. I print emails, keep kidsÂ¢ school papers, and my wardrobe is anything that fits and isnÂ¢t too revealing. And yet, IÂ¢m organized. There really is no denying that as you move through the various stages of your life, your organizational needs and the demands on your time will change. What phase of life are you in? I am 44 and in the survival phase of life (40Â¢ 55). IÂ¢d be more organized if I didnÂ¢t live in my car and spend every other minute working or taking care of the house. Maybe you are in the accumulation phase of life (21Â¢ 40). Every time you get an organizational system working, you add something new. A new spouse, a new baby, a new job, a new house . . . YouÂ¢d be more organized if things would stop changing every three months. What about the baby boomers (55+)? The kids are gone, but now youÂ¢re left with a house full of memoriesÂ¢ and lots of stuff. What do you want? What do the kids want? And what about whatÂ¢s left over? Most organizational books on the market profess to have a one-size-fits-all solution to home organization. This one does not. IÂ¢m a former teacher, professional organizer, and productivity coach, and I know that organization is more than just 15-minute daily tasks or cute ways to use fun containers. As a generation translator and problem solver, I have been able to help hundreds of women in Cincinnati, OhioÂ¢ and thousands of women around the worldÂ¢ get their homes organized and keep them that way. Understanding which phase of life you are in will enable you to: Â¢ Identify the unique organizational challenges youÂ¢ll face. Â¢ Implement lasting organizational solutions. Â¢ Acquire and develop the skills you need to get organized. Â¢ Deal with the emotional clutter in your storage rooms. This is the home organization book that will make the rest of the books in your collection make sense.

Book Information

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Customer Reviews

I simply loved Lisa's book and saw some parallels in our lives and our journey along the way.

Finding our home expanding over the last few years with 5 - 6 people in our home, age ranges 10-90, has often left me overwhelmed, frustrated, and completely unmotivated. It is easier to just close the door and pretend there is not a mess behind it. Working full time, running for sports, cooking, laundry, homework, appointments.....there was simply no time to tackle big jobs and it was challenging to just maintain the basics. However, we recently started a big project of moving bedrooms around, painting and remodeling and it was around the time of Lisa's book being released. Within the first few chapters, I found myself getting some much needed motivation and felt her "can do" attitude coming off the pages. It helped to put some things in perspective for me and I found that each spare moment I had, I was sorting through one more tub. One thing I am going to start soon is the Sunday basket and I am using some of the other tips I picked up along the way in the book such as "one corner at a time". It made the jobs a little less overwhelming. I have always thought of myself as organized....until I wasn't and it was out of control. We are still midway in this big venture but the strides I have made have given me a renewed determination to get control of my house again. I loved the personal stories and thought this added so much to the whole book and explained the thought process. If you are feeling the burden of tackling the obstacles of mess and clutter in your home, I strongly recommend this book for some much needed inspiration and guidance to get your house and life back under control. Nice job, Lisa and thank you!

Great tips on how to reduce your kids clothes and crafts and things from their childhood and pare it

down to something small toy can fit in a closet. My kids are still babies but I will be using these tips for after they grow up and I have piles of art projects and their old favorite toys. Also great tips on how to organize your life by outsourcing your chores so you have time for things that you actually want to do. I would recommend this to any mom!

I am a fan of this author's Organize 365 podcast and was thrilled to find out about this book. It is written mom to mom in a way that really gets you motivated to do a giant purge, get control of paper once and for all, and then maintain the organization. The emotional aspect of holding on to things is addressed and makes you realize that it's OK to let go of the stuff you aren't using but still hold on to the memories. The book is broken down into 4 phases of life so that you can see where you and your family are and what has happened to bring you to this point of clutter and disorganization. This really helps you to see the light at the end of the tunnel and what you need to do to get there.

I am the type of person that loves organization and systems. I thrive on systems, but do I take the time to always put them in place? No, there are always more pressing things to do and take care of. Now after reading Lisa's book, I now am in the right mindset and have the tools to actually put these systems in place. I can be like the zamboni she mentions and get things tidied up and in their place without taking a lot of additional time and energy. I love the idea of short challenges that can be completed. This is definitely a book I will refer back to many times.

It is possible to work oneself into a frenzy and get the whole home organized. Keeping it that way is what is really difficult. Lisa Woodruff builds upon what others have talked about and she helps you develop a plan that is practical and maintainable. She deals with all the difficult emotional issues that put us in the perpetual cycle of clutter and offers us the opportunity to hop off - keep the memory, lose the object. I found the very practical advice on how to start and then maintain very helpful.

I am SO excited about this book! I skipped to the chapter on survival because that is the phase of life I am in right now. After following her on her blog and listening to all her podcasts multiple times, Lisa Woodruff is like a good friend. She lifts my spirits with her contagious joy and energy, and reading her book is much like listening to her podcast. But she doesn't mince words; she's been through depression too, yet she survived and thrived and is now helping others. Thank you, Lisa, for your positive influence in my life and in many other people's lives. You are a blessing.

Congratulations on your book and best wishes in your work and family! You're the awesomest!

Robin in Mississippi

I downloaded this book yesterday and have already finished it. Lisa's style makes it seem like she is a friend in your home coaching you along. My favorite part was learning more about the different stages of life and how that affects your organizing. How different generations process going through their processes is fascinating and so true in my family. This book can help families to communicate better when it's time to decide what to keep or pass down.

Great book! If you like me you probably already own more than one book on organizing. They are great for inspiration but here you are still looking for books on organizing! Your home has not changed even though you want it to change. Lisa's ability to get the reader to relate to her like a good friend or coach gets you to change your mindset about the stuff that's filling your cabinets and drawers. You start to use your prime real estate in your cabinets and drawers differently. Many people that think they just need a bigger closet or bigger home, then everything will be better. Just try this book to see if your home actually has more space than you thought!

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