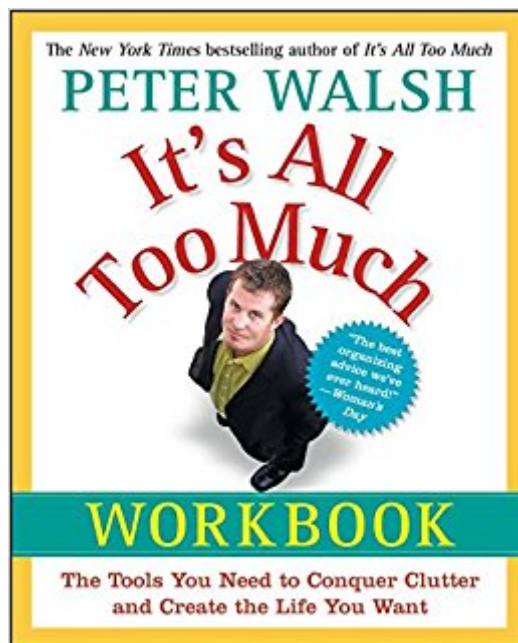




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It's All Too Much Workbook: The Tools You Need To Conquer Clutter And Create The Life You Want



Synopsis

The perfect companion to the New York Times bestselling book by organizing icon Peter Walsh, the *It's All Too Much Workbook* delves deeper than the original book to help readers let go of the physical and mental clutter that is holding them back from a happier, more fulfilled life. In his bestselling book, *It's All Too Much*, Peter Walsh helped tens of thousands of people clear the clutter from their homes and lives. Now, due to many of those same readers' requests, Peter has put together the *It's All Too Much Workbook*. Designed with clear strategies and proven techniques for clearing out each room in your house and a plan for keeping your home clutter-free and organized, this workbook is the perfect next step in a lifetime commitment to creating your ideal life. Starting from the outside of your home and then working through it room by room, Peter asks hard questions and presents challenging exercises that will help you to understand why you live the way you do and how to move from the clutter to an organized space that reflects the life you imagine for yourself. From an assessment of your living spaces, a quick purge of each room, and the creation of your "dream spaces" to effective decluttering techniques, great organizational tips, and clear maintenance plans, Peter provides the step-by-step help to make your home work for you, now. With quizzes, detailed step-by-step plans, a room-by-room assessment tool, and a special area for journaling, this workbook will help you break free of the clutter once and for all.

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Customer Reviews

Peter Walsh is a clutter expert and organizational consultant who characterizes himself as part-contractor and part-therapist. He can be heard weekly on The Peter Walsh Show on the Oprah and Friends XM radio network, was a regular guest on The Oprah Winfrey Show, and was also the host of the hit TLC show Clean Sweep. Peter holds a master's degree with a specialty in educational psychology. He divides his time between Los Angeles and Melbourne, Australia.

I've seen Peter Walsh's episodes a few years back, but always thought that his assistance was there for hoarders. I'm not a hoarder. Or am I?? Okay, I'll agree that I'm a "quasi-hoarder." Probably the worst kind. I've let things sloooowly pile up in every corner of hidden space of my house for the past 11 years. What was the tipping point for me was when my husband and I were hanging our coats on a treadmill in our living room instead of hanging them into the over-stuffed coat closet right next to it. Thank God I found Peter's help! I kid you not, in less than a week my house is 3/4 clutter free. All the major stuff is out the door! I didn't give Good Will crap that they'd have to throw away themselves. Instead I donated to them nice things that people would really want. And I called my city trash collectors and found out that once a month, they will leave a "sway cart," which is a HUGE trash can in your yard or driveway for 4 days for us to fill, and then pick-up at no additional cost to us! I sold two things I'd been "meaning" to sell through a local "sell your stuff" FaceBook page in just one week and netted \$80, and best of all, I have free space to put the things that will help us achieve our goals for us, our home, and future. So if you're like me and sick of the clutter pouring out of your every crevice (ew), get Peter's book "It's All Too Much" and workbook. Or do like me and listen to his book through Audible here at .. but DO get the workbook. I got mine used through for \$6 and it looked like it'd never been opened. I'm 50 years old this year and never knew it was okay to get rid of my skinny clothes and my books, etc. Hopefully you'll learn much sooner than I! P.S. since I listened to "It's All To Much" and didn't have the actual book, it's hard to compare, but I honestly think this Workbook has most of what he covers in his book. Maybe others can expound on that. Happy Decluttering!!

I enjoyed the down-to-earth tone of the writing. Gave me practical ways to see how I view my own stuff. Everyone has a different relationship with their possessions, and I learned a lot more about my own relationship to my possessions after reading this book. It also did call me to action to address my own stuff, and I am enjoyed a less-cluttered life as a result. It really *is* a continual process, not a one-time event, to address what items you surround yourself with in your home and elsewhere in your life.

I learned a few things that I can incorporate in my life. For the most part, however, it's common sense. I didn't use the workbook portion of the book. It was fine for an afternoon read and confirmed that I'm just a very disorganized person :(

Somehow my last review sent itself while I was editing, but what I was trying to say was that if you're stuck with a house filled with too much stuff, this book will speak to you in a respectful but clarifying way, finally enabling you to be able have the house you've always wanted.

I had about 7 of these organizing books and visited an infinity of organizing websites over the years. Peter Walsh begins, executes, and ends on a spiritual level, which resonated with me. This seems irregular from an organizing perspective, but this is what I needed to get my whole entire life in order. I purchased this book to get my house in order. 1.5 years later, EVERYTHING in my life is approaching order and clarity, including work, relationships with husband, children, friends, family, car, personal aspirations, body (exercise and nutrition). My physical health has immensely improved, saving me lots of \$\$ in physician and medication bills, time, and discomfort. My mental health is more stable and positive. I now have more room in my home, work, leisure time, and spirit to enjoy the things that make me feel inspired and well. I also really appreciated the practical and relevant resources Walsh offered, such as places and their websites where I could donate gently used items. Thank you Peter Walsh!!!!

Almost every page includes a thought or pattern I am easily able to incorporate in my life. I'm not a hoarder but my spaces do seem to get messier than I want to live with. I found Peter's advice right on target. I have not gotten Peter's first book on this subject and am seriously thinking of adding it to my collection of items I would actually use versus store on my bookshelf.

I bought the book also, and should have stopped there. Its the same formula, nothing new from the book, no new tips.

The workbook is more or less redundant if you have already bought the book itself by Peter Walsh. I was disappointed to have spent the money on it.

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