

STUFFology 101



Get Your
Mind
OUT OF THE
Clutter



BRENDA AVADIAN, MA + ERIC RIDDLE

Brenda Avadian

Stuffology 101: Get Your Mind Out of the Clutter



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STUFFology 101 is for those us who would like to get the clutter out of our lives without being featured on reality Television. We can still make use of our bedroom, bathroom, and kitchen, but we harbor secrets. Inside STUFFology 101, you'll find FUN and FLEXIBLE methods to get your mind out of what YOU DEFINE as CLUTTER. Are you set to manage the STUFF in your daily life? Do you still have boxes to unpack from your last move a dozen years ago? Are you unable to focus because your brain is so frazzled? Carry out your competition around to pick up piles when someone's in the entranceway? Funny, significant, and humbling tales are woven with ideas to help you obvious the toxic clutter out you will ever have. BRENDA AVADIAN, MA writer of nine books, was raised by a mom who could not say no to a free offer and a dad who had "extra parts for everything." She broke the clutter cycle in her own life by learning to let go. "It's mine!" ERIC RIDDLE would say while keeping his children's stuff for several years. Once he defined his clutter, he discovered that getting his brain out of the clutter can be an ongoing process. STUFFology 101: Get YOUR BRAIN From the Clutter STUFFology101. Do you close the entranceway to hide your stuff in the spare room? By the end of your life, exactly what will matter most - Issues or PEOPLE? STUFFologists Brenda Avadian and Eric Riddle share four decades of encounter dealing with STUFF-uhh, clutter.



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STUFFology 101 Really Works From my first look at STUFFology 101's cover, with its whimsical art and usage of color, the reserve was inviting me to declutter my life. What drew me to learn the book was my office clutter – both in my own workplace and outside my home in a shed. I had 14 cardboard boxes of papers in my own office alone which were waiting to end up being filed. No easy place to start, but STUFFology got me through – the 14 boxes are filed and eliminated, my shed files are cut 50% and the clutter has not returned.) Clean that garage area! The foundation of their approach, for me, was the watch that clutter blocks us from fulfilling our purpose and goals. This is a great present!! A few of the methods explained in the reserve that I found most helpful in my decluttering were: focusing on one step at the same time (eliminates the overwhelm), visualizing the consequence of my decluttering, facing and defining my clutter and repeating little steps. The Reward STUFFologist's Guide, included with the book, lets a reader take their learning further to helping others declutter their lives. Most of us need to go on a clutter diet plan. Brenda Avadian and Eric Riddle use humor, personal tales and fun to get us through decluttering. I laughed aloud when I go through their acronym POOP!. STUFFology 101 does work and I highly recommend the publication to anyone who wants to declutter their life. I LOVED THIS Publication! After many years, I managed to slice my library right down to less than one bookcase and many of these are rare copies of texts used in my field of engineering or autographed. I must say i haven't any clutter.! This book is FABULOUS!! I truthfully think this should be given to everyone in High School....we've moved recently into independent senior living and we had to downsize considerably. I browse the book for the info to share AND I bought two extra copies to give to two very friends!! Helped me put things in perspective which managed to get easier to evaluate things and eventually release. still a work in progress but at least generally there IS progress now!! Run, don't walk to the bookstore because of this!!!! Thank you for composing this book!. STUFFology 101's approach to coping with our mental and emotional clutter as key to eliminating "stuff" is amazing and is what truly lies at the source of our clutter.! An extremely easy read, totally useful and the humor produced me feel better about being a clutter bug! These data files were certainly slowing me down in a big way – not being able to find stuff I needed and the energy drain of those boxes seated in my office.... Having the great things about both male and woman points of look at added a lot more to the publication. kind of like learning to stability the check book. You need to learn certain points early in life and Stuffology is one of those things!! (Start to see the humor for the reason that? I dug into the reserve and found a straightforward stream in reading it, as I absorbed the authors' suggestions and wisdom.! Amazing Book! This is one book I will not loan out because I'd never obtain it back and I wish to Preserve IT! STUFFology 101 is usually anything but dried out or preachy. I still have sweaters from the high school and spices I purchased during the Reagan administration. And a great deal of papers from my failed businesses and some CDs with software program that can operate on windows millenium edition. Stuffology 101 is an easy read which has supplied me with the inspiration to clear my table, my computer, my file cabinet and my mind. I really need to defeat myself with a boat oar to eliminate ones that I came across interesting. I'll de-clutter my chaos and reclaim my basement and my garage. Clutter could be daunting. I came across the publication had some very guidelines and was super easy to read... Hope my friends take advantage of it!!! I discovered a whole lot of great tips on how to de-clutter not really only things that take up physical space around me but mentally also. Brenda and Eric helped me to de-daunt it and therefore conquer it. Since I reside in a limited space this publication has shown me with useful suggestions to implement. present day feng shui Stuffology101 provides an organized look at clutter with practical information and captivating short stories. An enjoyable read. Not very

helpful Didn't really provide any helpful here is how to deal with the clutter. A fun trip to declutter your daily life We found some very helpful tips to declutter my life in this reserve, which is an extremely easy read. A complete new method of looking at my stuff. It's really helping me see, prioritize, and total big and small projects in the home and at work. We thoroughly enjoyed this reserve. Good advice This is a lighthearted but practical guide to, reducing clutter in our lives. Perfectly written and I liked how they used a personal approach to obtain message across. Thank you! Great Book. I have met both authors and have been there myself as they explain. My clutter is definitely business and reference books. And some tools that I bought on sale because I believed I would need them once in my lifestyle.! Would I replace them easily lost them in a tragedy? Probably not but I'd seriously consider running into burning up building for just one or two of them after family and household pets are safely out. Great way of thinking to determine what is really valuable to you. The best eliminate: would I replace this item if it was dropped or destroyed in a natural disaster? I continue to find the "cluttergories" particularly helpful, (I love the authors' plays on phrases, by the way). I'm a firm believer that in order to solve a issue you have to understand its source. To be aware there are 5 different types of clutter, and what they are, helped me to do a complete detox. The reserve walked me softly, step-by-step, through some very easy solutions to clutter complications. That's what someone who is normally overwhelmed with clutter (in self-protection, mine is mostly limited by my office and portion of the garage) needs--gentle, step-by-stage help. Very Helpful! Not only did I love the book however the helpful tips are now part of my program. But thanks to this book, I've the goals, the various tools, and the procedure to get started. And don't even get me began on how often I've needed a photo that is somewhere in my computer but I simply got too tired searching for it to utilize it.... I enjoyed the book I enjoyed the book, it inspired me to completely clean and organize my garage. Was more of a conclusion of why people let clutter build up. Lots of unhelpful anecdotes. One Star Never received item. New Year- No More Stuff! When I came across Stuffology 101 by Brenda Avadian and Eric Riddle I doubted I'd think it is helpful. I have a tendency towards minimalist sensibilities and cringe just at the commercials for the favorite hoarder displays. But I was amazed to find that the reserve addressed my hidden "stuff" weak spots, computer data files and paperwork. Interesting simply because I vowed in the New Year I would sort and discard needless items in my own file cabinet therefore i can clean off the table that's near my desk that holds the stuff that my table is too filled with to hold. Today, you'll have to read the reserve yourself to find out what POOP means. And installation CD for the scanner that got damaged a decade ago. Yes, I am overwhelmed taking into consideration the task. I do feel so far better!



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