

The book cover features a portrait of Peter Walsh, a man with short brown hair, glasses, and a goatee, smiling warmly. He is wearing a dark blue V-neck sweater over a light-colored collared shirt. His hands are clasped together in front of him. The background is a solid light blue. The title 'Let it Go' is printed in large, white, serif font across the middle of the image. Below the title, the subtitle 'Downsizing Your Way to a RICHER, HAPPIER LIFE' is written in a smaller, italicized serif font, with 'RICHER, HAPPIER LIFE' in all caps. The author's name 'PETER WALSH' is in a large, bold, white, serif font. At the bottom, 'NEW YORK TIMES BESTSELLING AUTHOR' is written in a smaller, all-caps, serif font.

# Let it Go

*Downsizing Your Way to a*  
**RICHER, HAPPIER LIFE**

**PETER WALSH**

NEW YORK TIMES BESTSELLING AUTHOR

*Peter Walsh*

## **Let It Go: Downsizing Your Way to a Richer, Happier Life**



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You'Whether you are selling your family home, blending households into a new house, or cleaning out your aging parents' possessions among his family.s well worth of accumulated possessions can be a daunting and stressful knowledge. Decluttering guru Peter Walsh recently went through the procedure of downsizing his childhood home and dividing his past due parents' house, sorting through a lifetime' He noticed that making these decisions about mementos and heirlooms creates strong emotions and can be an overwhelming chore. In IGNORE IT, Peter will help you convert downsizing into a rejuvenating lifestyle change along with his useful ideas and useful takeaways, including how to:

- Understand the psychological issues that accompany downsizing
- Create approaches for dividing heirlooms among family members without drama

This new stage brings unexpected freedoms and opportunities, and Peter walks you through every step of the procedure. Calculate the quantity of stuff you can bring into your brand-new life

- Set up a hierarchy of mementos and collectibles
- Bid farewell to clutter, reduce stress, and live simply with this easy-to-use guideline to downsizing!

ll experience freer and happier than you ever thought possible once you IGNORE IT.



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Peter Walsh gave me a mind shift about my possessions: What We need/desire, and what I could release and forget about. I cannot say enough good things about Peter Walsh, and his capability to switch my thinking - seriously shifting my brain to understand I do not need all this STUFF. I feel free of charge for the first in my life of the hold that things, mementos, mess, had on me. BUY THIS Reserve! When I cleaned out my front layer closet, for instance, I had 16 couple of gloves. Various materials, bought at differing times, on journeys when I had forgotten to pack them or we got an abrupt cold snap. Right now, after donating, 14 people will have gloves. I did the same with mufflers, hats, and coats.. In my own wardrobe, I had so many duplicates: for example FIVE dark turtleneck sweaters, as just one single example. My core wardrobe is a lot leaner now, looks great, easy to pack and unpack and wash. Before I had so many clothes and way too many choices and I would get overwhelmed with what to consider. I am an writer and I travel around the globe - (I create a thriller series about a globe trotting archaeologist so my books are place everywhere). I examine it over the next few days, and learned how to handle going through a loved one's possessions after their death.S. I really like his books. Best of its type I've only read the first few chapters so far, but I'm already impressed.! It addresses a lot more than the obvious "all this stuff is overwhelming," and starts with finding out what's keeping me, or anyone, from moving forward more rapidly. I wish your shows would keep coming back on. Buy it, go through it, do it!!!! Enjoyed. Informative Good instruction still reading Five Stars Thank you Three Stars Good condition. Buy it, examine it, get to letting so much of an excessive amount of your STUFF go! Really supports the mental/psychological/psycholigical (and family dynamics aspects, when coping with other's homes) too! I read the 2 and 3 star reviews and understand why some would think the reserve was a waste of period. But having examine this book, Personally i think better prepared to do so more quickly and less painfully - and to get prepared for a planned downsizing/retirement move in 3-4 years.! My mother coping with me is wonderful, but it's hard to spend the things that were hers, or she offered to me, or "were" still useful. This got produced me purge my stuff and let me wait for an improved time for other things that participate in her., etc. That is a gentle message and opportunities to really think about what you worth, about your behavior in the precarious route of estate settling and to examine our very own belongings. Peter can be amazing, I couldn't proceed through this without his wisdom and direction. Great read. A timely book! I pre-ordered this book and received it on Feb. 14th, your day it first was obtainable. I needed easy choices, but still need to be professionally clothed. My mother was put on hospice treatment at the start of the month and I knew the knowledge in Peter's publication would eventually be needed. Two times when i finished the publication, on Feb. 22nd, my mom passed on! I found myself quoting from the publication as my sisters and daughters and I experienced Mom's house and decided what to keep and what to let go!An idea that we had ended up being helpful too: after the memorial service, at my sister's house for the family get-together and dinner, she setup a "Grandma Shoppe" in the basement with the things we had kept, and had the whole family go downstairs and choose things they wanted because of their own homes and as mementos, and things that had personal meaning for each one. It exercised very well, and everyone was happy. Letting move and living your legacy When my parents died in 2014, we were sad and overwhelmed with how to go through their things, honor their wishes and be very good stewards of their legacy. Lots of valuable information. In a position to communicate if you ask me what should be in my thinking, that is a big mess, like my environment, and closets, and bookcases, and beneath the bed, and in the attic, and all in my car, and every natural cotton choosing place, etc. A garage area sale with donations to follow is in our near future., and communicates it so it makes sense to me. LET IT GO...! Boring and not what I was looking for..... Not what I wanted. I am mid-stream in my own down-sizing, was never a hoarder, but actually people with neat and tidy homes have too much stuff.! :) Just What I Needed I had been feeling depressed at the "stuff" all around me, I didn't learn how to start.!!. This is actually the first book on this topic (that I've go through) that actually is certainly motivating me to drive forward with my downsizing project. Did you get all that? Well, he didn't but he will now. My children are receiving asked

what they need that we have stored for them AND having them decide what they want that belongs to us.! I think it's is Peter's greatest book however.....This book is so insightful.God, I need help. I go through the book three times AND summarized the most meaningful guidelines in just a little book report which I read nearly everyday as I started letting proceed of my mom's stuff (she passed 10 years ago)., etc. :-) I want to do more of what he recommends. Highly recommend.Recommend if you are looking for taking back your space, your thinking, your daily life. I have been therefore stressed out upon this concern, and I visit a light at the end of the tunnel, MANY THANKS PETER WALSH.P. Peter has totally taught this old pet dog new tricks. I'm looking forward to finishing the reserve, and obtaining on with it!I don't get them in Alabama.!. It feels good. Difficult but great read. Difficult since it reminds us of our mortality and that we need to not make our stuff a burden to your families and friends. He is actually kind in how exactly to push people ahead to face fears and nervousness about downsizing. He genuinely has a passion and center to greatly help people in changeover with downsizing. Most of us would benefit to do more of what he recommends as he desires the relationships to advantage in the downsizing process. Good book Peter Walsh does it right!! DITTO to all or any the other 5-celebrity reviews! Bless him for his help through this reserve! My sister and I said after that, we wished Peter Walsh experienced a book to help us... Hoping for more step-by-step suggestions instead of philosophy. This is cheaper than therapy! Only desire I'd read it 24 months ago, before we had to clean out mom in law's house - we still possess half a garage worth of things to sort through. You can find those, like my partner, who have no psychological attachment to stuff and they don't get the REAL emotional struggle some people go through when faced with parting with this things. One tip that was really helpful was to forget about Malignant things - factors that really make one feel poor (e.g. you think keeping those clothing that you wore 50 pounds ago is providing you hope but if they are really just like mean women whispering snarkily "You sure aren't the fox you used to be" - GET RID OF THEM). And Peter Walsh will finally help me Ignore it! a bit boring in the event that you already know you shold Allow it i have had this book for a year today and also have never gotten through it. This book could it be. Did not care for the book though. I have recommended this reserve to many people already. a bit boring if you know you shold Ignore it



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