

# the **ULTIMATE** **GUIDE** to **DOWNSIZING**

*How to **Downsize** Your Life to  
**Upsize** Your Lifestyle*



**Ingrid & John Sullivan**

Ingrid Sullivan

# The Ultimate Guide to Downsizing: Downsize Your Life to Upsize Your Lifestyle



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Using the lessons learned from helping a huge selection of clients over the years, authors Ingrid and John Sullivan possess come up with this guide to help seniors and their own families through what can be a nerve-racking and emotional procedure. Downsizing can be overpowering. Packed with helpful tips, planning tools, and strategies, this book goes through every step from the look stages all the way through the move. Whoever has ever entertained the idea of a downsizing move, whether right now or in the future, should use this as an instrument to plan for another with less stress and more freedom.



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This is one of the most practical, well-written "how exactly to" books I have read. This book very simply and effectively addresses a common, often overwhelming problem many adults face eventually. The older one gets the more daunting is the considered selling a home, finding a new spot to live, and dealing with a lifetime accumulation of stuff. I am 70 years old and taking into consideration my future living arrangements. This reserve addresses a lot of things I had not really thought of and proposed very practical ways to cope with them and all related issues. Not only are people my age group considering what to do next and how to perform it, but many of my friends are dealing with how exactly to help their maturing parents, most of whom want to stay where they are, that is no longer useful. I recommend this to my ageing peers, their families and support systems. This is one of the most useful, well-written "how exactly to" books I've read. Great Resource This book is an excellent resource for anyone thinking about downsizing. I am a senior housing specialist and have used many classes and also have browse many books upon this subject. This reserve is different from the others because it is created with the heart in mind. I have trained with away to one of my clients plus they loved it. It is obvious that the authors are both individually and professionally very knowledge regarding this subject. It is written in a way that the consumer can easily understand. It includes many inspirational quotes which are very motivating. This publication is on my suggested reading list. I tell my attendees that it's vital that you study downsizing, also to not only read one publication. I web host downsizing presentations to pension communities and plan to use this book as an outline to produce a new class. The book was a comprehensive down to earth guide to downsizing. The book was a comprehensive right down to earth guide to . Personally i think every person who's 50 or old and offers living parents should browse this book and start following its recommendations to make the job of finding and arranging for appropriate, safe living conditions because of their loved ones, and finally for themselves, less daunting. Whether one plans to move from a single house to a dynamic senior living complicated or simply wants to declutter and make lifestyle easier to manage, you can find useful guides and examples to be found here... A Practical and Useful Guidebook A cleverly written practical guide to downsizing and simplifying lifestyle centered on the latter levels of life. It covered all of the aspects of the procedure. Excellent and timely The book is well crafted and very informative, readable and follow the directions. A Must Read I wholeheartedly recommend this reserve. It's filled with ideas and information and is laid out in an easy to read format. One Star It was an marketing gimmick for the authors. The Only Downsizing SHOW YOU Will Ever Need I function in the Assisted Living industry, which book is amazing. Should you have someone you care about who requires help with downsizing, or you yourself need help, that is your go-to reference. I have also fulfilled the authors personally, and you will be utilizing their services normally as i am able. I promise you won't be disappointed.



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