

GRETCHEN RUBIN

#1 New York Times bestselling author of *The Happiness Project*

OUTER
ORDER

INNER
CALM

**DECLUTTER & ORGANIZE
TO MAKE MORE ROOM FOR HAPPINESS**

Gretchen Rubin

Outer Order, Inner Calm: Declutter and Organize to Make More Room for Happiness



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one that helps us to create the lives we wish. And for the majority of us, a rigid, one-size-fits-all answer fails. makes us experience more in charge of our lives. Gretchen Rubin has discovered that getting control of our stuff The fact is, whenever we tailor our method of suit our own particular challenges and behaviors, we're then able to create the purchase that will make our lives happier, healthier, more productive, and more creative. By removing things we avoid, don't need, or don't like, we free our minds (and our shelves) for what we truly worth. With a sense of fun, and a very clear notion of what's realistic for many people, Gretchen Rubin suggests dozens of manageable methods for creating a more serene, orderly environment—For most of us, outer order plays a part in inner calm.



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