

the stuff cure

HOW WE LOST 8,000 POUNDS OF STUFF
FOR FUN, PROFIT, VIRTUE, AND A BETTER WORLD

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The Stuff Cure: How we lost 8,000 pounds of stuff for fun, profit, virtue, and a better world



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s a proven method to unstuff your excess, organize what you keep, and restore control you will ever have. It finds opportunities for fun, profit, virtue, and helping create a better world. The Stuff Cure demonstrates how this goal is definitely achievable. It's one secret of a happy lifestyle— On the way, you're having the ideal stuff, with no clutter.



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A Practical and Realistic Device for Freeing Your Lives of most Your Clutter -- And IT CERTAINLY Works!! Among the best books I've read on the subject. My husband and I are "downsizing"; I was hoping for more practical tips for actually reducing stuff. We were getting caught in our own "recollections" about each item, and even expanded the "remembrances" to our grown children's "stuff" as well. I have to say The Stuff Treat really helped slice through the clinging and relocated us into a better place, a location where we could let our stuff move. The ideas in the book are practical and helpful. They approach over-stuffed circumstances with respect and humor. Tools for categorizing items and tackling equipment of the overwhelming project were through the entire book. Since reading, I've given away a huge amount of items. A fantastic read! Thanks to what I learned from this book, I believe twice about bringing a fresh item into my entire life. Three Stars A rehash of the obvious. But "The Stuff Get rid of" made the procedure easy, fun, and even inspiring. I will be re-reading The Stuff Treatment myself for a few reminder lessons again soon.. Great Book!

EASILY wanted a couple of links I would read a blog not a book. After years of collecting "stuff", it was time to de-mess and simplify. My hubby and mom had died, so I wasn't looking forward to the task. I have recommended the publication to many friends. Still want to know what occurred to those shrimp forks. The publication is easy to read and packed full of practical tips, recommendations, and inspirations. I've with all this book to friends who also found it extremely valuable. I have used their approach many times when trying to make a decision on how to proceed with something and had been very happy with the results Compassionate Downsizing The Stuff Treatment not only inspires you to consider the "stuff" that you have accumulated over an eternity and evaluate its current usefulness in your own life in addition, it provides suggestions for how to give a lot of your "stuff" a new use in the lives of others. Rather we are freed. Liberating oneself from the stuff that weighs us down Utilizing a great story informing approach, the authors successfully point out how we can rid ourselves of the "stuff" that weighs us down without leaving all of us bereaved. This is a 5-star plus review. As we age we need to think about the usefulness of factors we ourselves no longer need. The Stuff Remedy is not just about hauling the "stuff" to the curb, it really is thinking about the best alternate for the excess possessions we have accumulated over an eternity. I really like reading books about clutter I really like reading books about mess, organizing and minimalism. it's written in a light, witty, empathetic voice, therefore drawing the reader directly into a topic that might be off-putting; Within the last 9 a few months, I ordered a Kindle version of The Stuff Cure. Admirable, was hoping for more practical tips We was excited to get this book. I have picked up a few tips, but I haven't made it through the entire book because Personally i think such as a variation of the same tale is being told over and over. and our years of accumulated stuff was mind-boggling us. This needed a significant purge. I enjoyed the authors composing style and the thought processes they used to eliminate what they didn't need.! A discount manual by field-examined veterans. I have carried out this because I was able to let a lot of the emotion move and concentrate on de-cluttering and bringing simpleness into our lives. A fantastic read! on top of that, it breaks this issue, and the marketing campaign, into bite-sized chunks, therefore the whole work seems doable instead of impossible. WHEN I finished unloading a lot of "stuff", the feeling of accomplishment was great. I downsized in 2013 and shifted into my RV. Practical Strategies for Residential Down-sizing This accessible volume has multiple virtues: it contains dozens of practical strategies for beginning and sustaining a down-sizing campaign; It is possible to de-clutter your daily life! I dropped 4000 lbs but still to this day live by the mantra of much less is definitely more. A book for every American with "stuff". Weirdly written and dry This book was weirdly written in so much as the author refers to herself by her first name when storytelling instead of just saying "I did so this" she says "Betty did this" Also the book was a dry read the advice given was basic at best and read more like a blog post than a book with a great deal of links in the text to various websites. Practical and inspiring. I give this book 2 stars for effort and the chance that it might help a very beginner who is beginning to clutter. A must browse for individuals who want to simplify their lives. I'd suggest reading the publication "The Stuff Cure" compiled by Mike and Betty Sproule. It had been an excellent help when downsizing to your new home after 23 years of increasing a family and accumulating 'stuff'. It is also a great feeling to provide away still usable products so another person who needs them can use them. Thank you to the Sproules because of their enjoyable and incredibly useful contribution. Clutter holding you back? Take the "Cure" Sensible, humorous mild steps for life long accumulators. The Sproule's book was a fantastic tool for me.



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