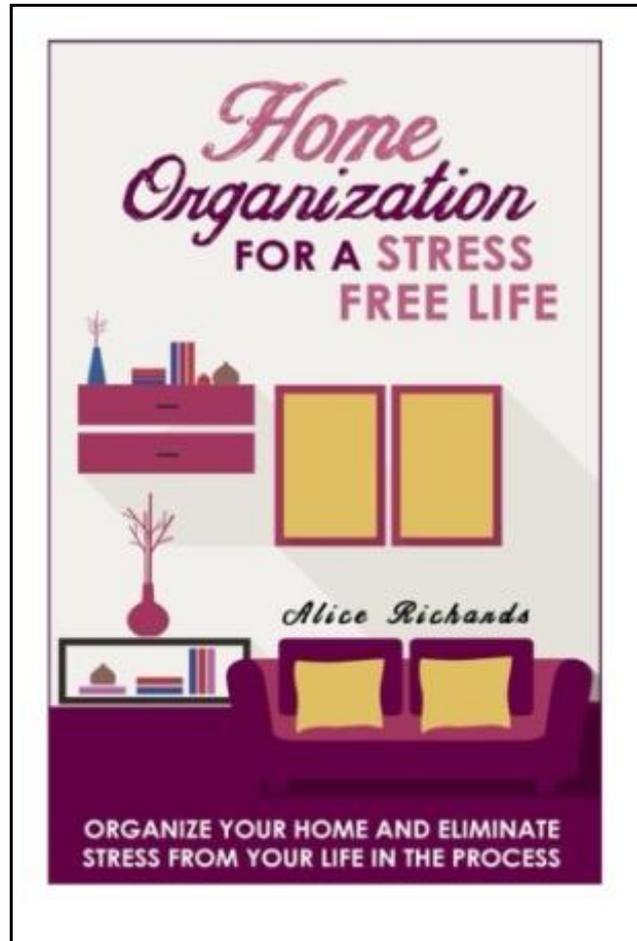


## Home Organization for a Stress Free Life: Organize Your Home and Eliminate Stress from Your Life in the Process



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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Home Organization For A Stress Free Life - Organize Your Home And Eliminate Stress From Your Life In The Process This book contains proven steps and strategies for how to bring order to your home, and in doing so, reduce the stress in your life. Organization is important in our lives. It generally applies to material objects, but there is also such a thing as mental organization. Once accomplished, this gives people a sense of cleanliness, calm, and freedom from clutter. Most importantly, it helps keep one's stress to a minimum. How does disorganization result in stress? There are so many examples for this. For instance, when you have an urgent need for a certain item but you can't find it right at that moment, it frustrates you and leaves you with a sick, unpleasant feeling in your gut. Sometimes it makes you want to cry! More often than not, it makes you very angry. This is what happens when you're rushing out the door because you're late for work, only to find that your car keys are not on the side table where you normally put them. Home Organization for a Stress-Free Life aims to be of assistance to people who are in desperate need of learning how to organize their homes. The goal is not just to make their homes presentable and ready for guests at any time of the day, but also to help them avoid experiencing stress due to disorganization. Do not underestimate the benefits that proper and smart organization can offer you. The rewards do not only apply to the aesthetic but also to a person's mental and...

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