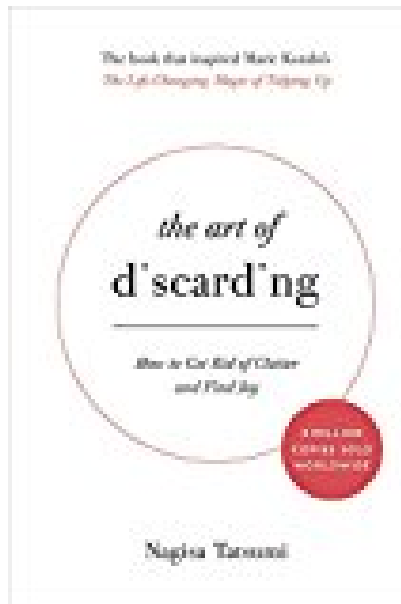


The Art of Discarding How to Get Rid of Clutter and Find Joy



BOOK DETAILS

- Author : Nagisa Tatsumi
- Pages : 176 Pages
- Publisher : Hachette Books
- Language : English
- ISBN : 0316558923

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BOOK SYNOPSIS

The book that inspired Marie Kondos The Life Changing Magic of Tidying Up, Nagisa Tatsumis international bestseller offers a practical plan to figure out what to keep and what to discard so you can get - and stay - tidy, once and for all. Practical and inspiring, The Art of Discarding (the book that originally inspired a young Marie Kondo to start cleaning up her closets) offers hands-on advice and easy-to-follow guidelines to help readers learn how to finally let go of stuff that is holding them back--as well as sage advice on acquiring less in the first place. Author Nagisa Tatsumi urges us to reflect on our attitude to possessing things and to have the courage and conviction to get rid of all the stuff we really dont need, offering advice on how to tackle the things that pile up at home and take back control. By learning the art of discarding you will gain space, free yourself from "accumulation syndrome," and find new joy and purpose in your clutter-free life.

THE ART OF DISCARDING HOW TO GET RID OF CLUTTER AND FIND JOY -

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