

Chaos to Clean in 31 Easy Babysteps: A Practical Guide to Declutter Your Home and Simplify Your Life



CHAOS to Clean: in 31 Easy BabySteps by Marla Cilley

★★★★☆ 4.6 out of 5

Language : English

File size : 451 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

X-Ray : Enabled

Word Wise : Enabled

Print length : 145 pages

Lending : Enabled



Do you feel overwhelmed by the clutter in your home? Do you wish you could have a clean, organized space that you love? If so, this book is for you.

In this book, you'll learn how to declutter your home in 31 easy babysteps. You'll learn how to let go of things you don't need, how to organize your belongings, and how to create a cleaning routine that works for you.

By the end of this book, you'll have a home that is clean, organized, and clutter-free. You'll also have the tools and knowledge you need to keep your home clean and organized for good.

Chapter 1: The Importance of Decluttering

In this chapter, you'll learn about the importance of decluttering. You'll learn how clutter can affect your physical and mental health, and how it can prevent you from living your best life.

You'll also learn about the benefits of decluttering, such as:

* Reduced stress and anxiety * Improved sleep * Increased productivity *
More free time * A greater sense of control over your life

Chapter 2: Getting Started

In this chapter, you'll learn how to get started decluttering your home. You'll learn how to choose a starting point, how to set realistic goals, and how to stay motivated.

You'll also learn about the different methods of decluttering, such as:

* The KonMari method * The FlyLady method * The Swedish Death
Cleaning method

Chapter 3: Decluttering Your Belongings

In this chapter, you'll learn how to declutter your belongings. You'll learn how to sort through your belongings, how to decide what to keep and what to discard, and how to get rid of things you don't need.

You'll also learn about the different types of belongings, such as:

* Clothing * Books * Paper * Sentimental items

Chapter 4: Organizing Your Belongings

In this chapter, you'll learn how to organize your belongings. You'll learn how to choose the right storage solutions, how to arrange your belongings, and how to create a system that works for you.

You'll also learn about the different types of storage solutions, such as:

* Shelves * Drawers * Bins * Baskets

Chapter 5: Creating a Cleaning Routine

In this chapter, you'll learn how to create a cleaning routine that works for you. You'll learn how to choose the right cleaning tasks, how to create a schedule, and how to stick to your routine.

You'll also learn about the different types of cleaning tasks, such as:

* Daily cleaning tasks * Weekly cleaning tasks * Monthly cleaning tasks

Chapter 6: Maintaining Your Clean Home

In this chapter, you'll learn how to maintain your clean home. You'll learn how to prevent clutter from coming back, how to keep your belongings organized, and how to stay motivated to clean.

You'll also learn about the different ways to stay motivated, such as:

* Setting goals * Rewarding yourself * Getting support

In this book, you've learned how to declutter your home in 31 easy babysteps. You've learned how to let go of things you don't need, how to organize your belongings, and how to create a cleaning routine that works for you.

By following the tips in this book, you can create a home that is clean, organized, and clutter-free. You can also have the tools and knowledge you need to keep your home clean and organized for good.

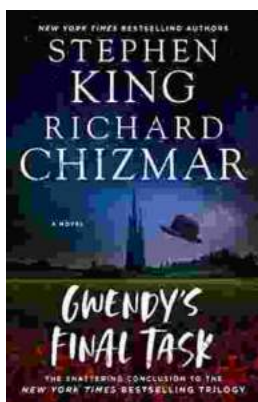
So what are you waiting for? Start decluttering today and see how much better your life can be.



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