



# Shed Your Stuff, Change Your Life: A Four-Step Guide to Getting Unstuck

By Julie Morgenstern

Simon & Schuster. Paperback / softback. Book Condition: new. BRAND NEW, Shed Your Stuff, Change Your Life: A Four-Step Guide to Getting Unstuck, Julie Morgenstern, Are you eager to make a change but unsure what's next? Organizing works when you know "where" you're going but don't know "how" to get there. But sometimes organizing isn't enough. When you're eager to make a change in your life, but you are unsure of your new destination, you need to SHED. Expert organizer and "New York Times" bestselling author Julie Morgenstern has developed the four-step SHED plan to help you get unstuck from the defunct, obsolete objects and obligations preventing you from living a richer, more meaningful life. SHED picks up where other organizing processes leave off -- helping you purge the physical and behavioral clutter holding you back so you can finally create real change in your life. But it's not just about throwing things away! The SHED process is more about what comes "before" and "after" you heave the clutter, so that the changes you make really stick in the long term. Learn how to: Separate the treasures -- "What is truly worth hanging on to?" Heave the trash -- "What's weighing you..."



**READ ONLINE**  
[ 4.09 MB ]

## Reviews

*This book is definitely not straightforward to get started on studying but extremely exciting to read. It is really simplistic but shocks in the 50 percent of the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

-- **Ally Reichel**

*This publication is amazing. It is definitely basic but shocks in the fifty percent of your publication. You wont feel monotony at anytime of your own time (that's what catalogues are for concerning if you question me).*

-- **Prof. Kirk Cruickshank DDS**