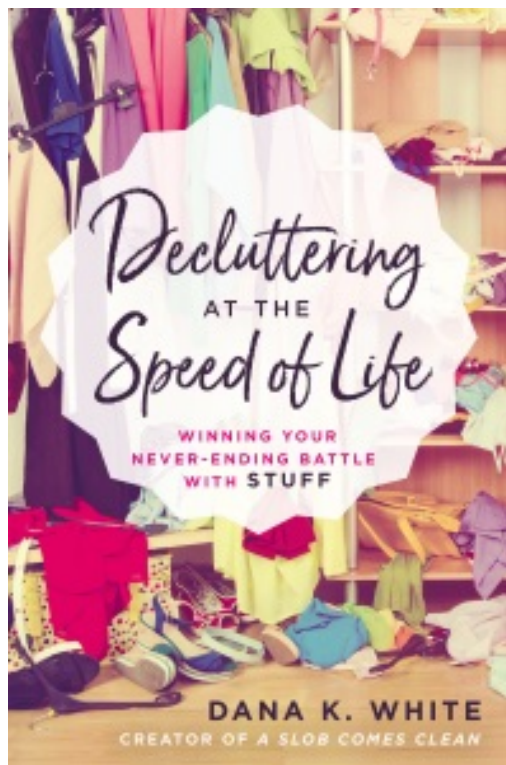


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In Decluttering at the Speed of Life, decluttering expert and author Dana White identifies the mindsets and emotional challenges that make it difficult to declutter. In her signature humorous approach, she provides workable solutions to break through these struggles and get clutter out—for good!

Not only does Dana provide strategies, but she dives deep into how to implement them, no matter the reader's clutter level or emotional resistance to decluttering. She helps identify procrasticlutter—the stuff that will get done eventually so it doesn't seem urgent—as well as how to make progress when there's no time to declutter.

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Why You Need This Book (You Know Why) Your Unique Home Decluttering in the Midst of Real Life Change Your Mind, Change Your Home Breaking Through Your Decluttering Delusions Working It Out Room by Room Helping Others Declutter

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