



The Clutter Explosion: Where Did All This CRAP Come From?

Jennifer Dawson

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So many chores to do and so little time to get them done: it's the plight that many of us face on a daily basis. When it is not work clutter limiting our tiring minds, it is clutter at home, in the car and even from family. It's no wonder we sometimes believe that the calm and peace we crave is not attainable anymore due to our busy schedules. Yet with the proper plan of action, we all can clear away the unnecessary clutter in our lives and establish a sense of peace. Author Jennifer Dawson experienced her own battles with a cluttered house, intensified with being a newlywed and her mother's passing. However, she saw her clutter as a purposeful path in her life and became an expert in organization. Her new self-help book, *The Clutter Explosion*, assists readers in achieving a de-cluttered lifestyle once again with useful tips and principles to apply towards getting to the cause of the "stuff" accumulation. Using her acronym of C.R.A.P. to create a plan of action, Jennifer goes from rooms in the house, to the car, to the office, to people themselves to decide what needs to stay and what should go. The goal, as Jennifer states throughout the book, is to treat organization as an ongoing journey, one that is perfected with practice, time and effort. As the clutter disappears, peace will return and the willingness to stay in control of our environments will become a lifelong goal. Organization cannot be attained in a marathon cleaning session. The only way to truly deal with the clutter explosion is to apply small, incremental changes, and continue to make those changes day by day, step by step. Training for any sport involves regular practice and motivation -- organization is the same.

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