

## IF I'M SO SMART, WHY CAN'T I GET RID OF THIS CLUTTER

Foreword by Michael Linenberger

Clutter is not a thing that you simply clean up. If you only do that, clutter returns quite quickly. Rather, to make clutter a thing of the past, you should put new tools in place that keep it away—tools that are simple, lightweight, and a pleasure to use—like the ones in this book.

And fixing clutter is important—you lose more than you think if you allow clutter to take over. The biggest impact of clutter is not on how things *look*, but on how you *feel*. With excess clutter, your life suffers. When you stumble over clutter, you get less done and you feel frustrated. And worse, you feel crummy about *yourself*. If your self-image is compromised it affects everything you do—your relationships, your work, and the way you approach the world. As a result, you cannot live life to its fullest. So get clutter fixed and get fully back into life!

Sallie's three-part approach used in this book is an **excellent** way to get past clutter. It's an approach that gets to the heart of the clutter problem, which is this: clutter is not just physical—it's also emotional and mental! Sallie is the only writer I've seen to take this holistic approach and she does it quite effectively. This book is chock full of tools and processes that solve clutter on all three levels.

In a way, my own business specialty might be described as solving clutter. You see, I teach how to control and master e-mail and to-dos, with the goal of an uncluttered and well-focused in-box and to-do list. So I know how fantastic the results of de-cluttering can be. Every day, I see people who are profoundly transformed by eliminating this kind of clutter. When people clear away disorganization, they declare a deeply satisfying new sense of freedom—even immense joy.

So it's clear to me that we should attack *all* sources of clutter in *all* areas of our lives. And with that in mind, I feel Sallie's book has arrived just in time. Why? For me, personally, I was starting to re-tackle some physical clutter issues in my *own* home and office and I needed new solid approaches. I really liked how, in this book, Sallie systematically walked me through all parts of my home and office, and presented powerful strategies to organize each. They worked!

And this book is timely for the *world* as well, because far too many of us are stuck in cluttered old structures, old limitations, old mindsets, all of which are making our lives much smaller than they need to be. If there is a theme for the coming age, it is freedom from self-limitations—and this book will help us achieve that.

So again, don't try to remove clutter or get organized merely to make your home or office look nice. Rather, put the right organizational processes in place so that you *change your life*. Doing so will increase the fluidity with which you live your life. It will create traffic-free superhighways for all your daily actions so that you accomplish your daily responsibilities more quickly.

The real result of de-cluttering:

1. It frees up your time and mental space so you can *live* more joyfully and more fully.

2. It allows you to focus more time on your creative work, and on your personal and family life.
3. You will be *living* more—opening channels for your *full expression*—that’s what de-cluttering ultimately leads to.

Take this book seriously and it will pay off on all levels!

Michael Linenberger, January 23, 2012

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