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National Get Organized Month
Organization Expert Helps Jumpstart Month

Orlando, FL December 19, 2006 - January is National Get Organized Month. A month dedicated to streamlining life, creating more time, lowering stress and increasing profit. Created by the National Association of Professional Organizers, this month is supposed to help people follow through on one of the top five New Year's Resolutions - getting organized.

Professional organizer and author Laura Leist knows that there are many different reasons that people do not stick to their resolution. One of the main reasons is because most people try to conform themselves to a plan that doesn't fit their needs and personalities.

"Many people give up on getting organized because it takes too much time, or they are too overwhelmed and don't know where to start," said Leist. "It may also be that someone they know tried to help get them organized, but did not ask the right questions and created a space or system that was not based on the way they live, work or process information."

Organizing is a process, not an event. And unfortunately, it isn't something that can be accomplished and checked off the "to-do" list. It is a continual process that helps minimize clutter, improve efficiency and productivity and even reduce stress.

"The chaos and disorganization you may be experiencing didn't get there yesterday, and unfortunately it can't be eliminated tomorrow," Leist said. "The good news is, it will take you less time to get your home and life organized than it took you to get to your existing situation."

About Laura Leist
Laura is a highly sought after organizational and productivity consultant, trainer and speaker. She is the author of *"Eliminate Chaos…The 10-Step Process to Organize Your Home & Life."* She has spent more than 15 years with corporations, small businesses and individuals across America, helping to improve efficiency using technology, paper management and time management. Laura serves on the board of directors of the National Association of Professional Organizers and has been recognized as one of Washington State's "40 Under 40 Entrepreneurs" in 2001.

For additional information on National Get Organized Month, or to arrange an interview with Laura please contact:

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