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It's Not About the Stuff™

Laura Leist's Book Will Help You Eliminate Chaos Once and For All

Do you write "Get Organized" on your New Year's resolutions list every year, and then decide that the task is just too daunting? You are not alone! Getting organized is the third most common resolution on everyone's list, yet people generally spend more time adding to their clutter than making any significant steps toward eliminating it. *Eliminate Chaos* (Sasquatch Books, May 2006, $19.95, 224 pages, ISBN 1570614679) a new book by organizational consultant Laura Leist, offers an unique 10-Step Process that is simple in scope, but establishes a foundation for making organization a lifestyle priority. By sharing personal stories of real people that have used Leist's 10 Step Process, *Eliminate Chaos* goes far beyond other organizing books to offer an in-depth, user-friendly guide to efficiently putting your space in order.

Leist recognizes the frustration that can come from overexposure to the multitudes of "before and after" shots seen in popular home care books, television shows and magazine spreads So often the process of getting to the gorgeous "after" shot is never explained, and you are left to wonder how to achieve a transformation in your own space. Working through each of the following steps in every room of the house, Leist discusses the ways in which you can avoid common traps, and overcome any of the psychological stumbling blocks.

<u>The 10 Step Process to Organizing Any Room</u>

1. **Dedicate Time**
2. **Gather Supplies**
3. **Establish a Staging Area**
4. **Sort**
5. **Purge**
6. **Group Like Items Together**
7. **Examine Your Space**
8. **Shop!**
9. **Install Products and Put Items into Storage Containers**
10. **Maintain**

Useful tips, sidebars, and extensive resource lists complete the visual showcasing of real life examples in all of the important areas of the home and life. You might relate to Ashley's story of having to buy things that she knows that she already has because she cannot locate anything in an overstuffed closet. Or you might associate with the Cheng family as they work hard to put their new garage in order so that it will not become the

"dumping ground" of the entire house. Just the tip of the iceberg, Leist tackles every crucial room in the house, including the home office, children's rooms, kitchen and laundry room. The book also deftly exemplifies the challenge of downsizing from a large home to a condo or apartment, and making difficult spaces more accessible to both young and old. A far cry from a glossy "after" shot, Leist describes the vital steps in between, as color photographs demonstrate each step of an effective organizational makeover.

Leist also explores the psychology of clutter, attributing some of the reasons that people hang on to things that they do not need to Depression, Denial, Grief, Thrift and Cluttered Upbringing. For many of Leist's clients, understanding some of the related reasons for the disorganization makes the change more meaningful, and ultimately much easier and longer lasting. Examining the concept that "It's not about the stuff™," *Eliminate Chaos* is an incredible lifeline for any person interested in getting organized and actually staying that way!

Make this the year you stop putting off organizing and use *Eliminate Chaos* as your essential resource for restoring order in your life! Feel empowered as you check off Get Organized from your resolution list, and go out there and enjoy the new state of un-cluttered bliss in your home and life!

Eliminate Chaos
The 10-Step Process to Organize Your Home & Life

Laura Leist
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Author Bio, Laura Leist

Leist's definition of organize is "to make things efficient and functional" and "to make sure that everything has a home." Organizing is not about shuffling things around, it's about taking an honest look at what you have, keeping what you need, letting go of the rest, and organizing what's left. For the past 10 years, Leist has been helping clients realize their organizational dreams through her business Eliminate Chaos, and a variety of national speaking engagements. She has established a name for herself in the organizing industry, receiving various commendations from her peers at the National Association of Professional Organizers (NAPO), where she serves on the board of directors. She is a member of the National Speaker's Association (NSA) as well as the Master Builders Association. Leist is also a regular presenter of organizing seminars at Ikea.