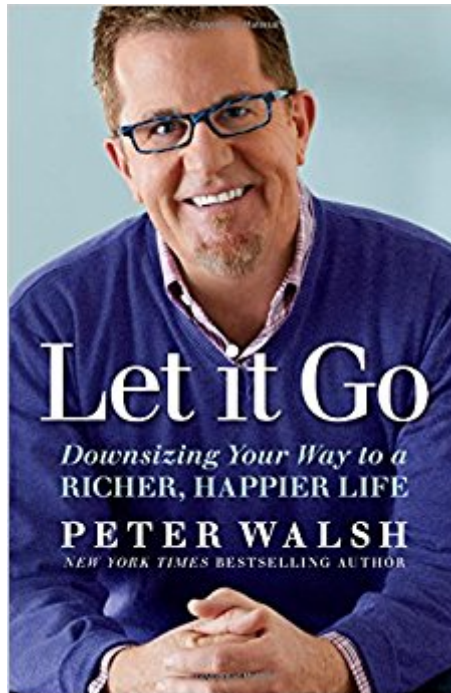




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# **Let It Go: Downsizing Your Way To A Richer, Happier Life**



## Synopsis

Say goodbye to clutter, reduce stress, and live simply with this easy-to-use guide to downsizing! Whether you are selling your family home, blending households into a new home, or cleaning out your aging parents' home, sorting through a lifetime's worth of accumulated possessions can be a daunting and stressful experience. Decluttering guru Peter Walsh recently went through the process of downsizing his childhood home and dividing his late parents' family possessions. He realized that making these decisions about mementos and heirlooms creates strong emotions and can be an overwhelming chore. In *Let It Go*, Peter will help you turn downsizing into a rejuvenating life change with his useful tips and practical takeaways, including how to:

- Understand the emotional challenges that accompany downsizing
- Establish a hierarchy of mementos and collectibles
- Calculate the amount of stuff you can bring into your new life
- Create strategies for dividing heirlooms among family members without drama

This new phase brings unexpected freedoms and opportunities, and Peter walks you through every step of the process. You'll feel freer and happier than you ever thought possible once you *Let It Go*.

## Book Information

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## Customer Reviews

"Furlong's style of narration provides calming reassurance with respect to a process that is emotionally fraught for many people." ---AudioFile --This text refers to the Audio CD edition.

Peter Walsh is the author of seven previous books, including the New York Times bestsellers *It's All Too Much* and *Enough Already!* and most recently *Lose the Clutter, Lose the Weight*. He is a popular organization expert who appears regularly on The Rachael Ray Show and writes a quarterly column for *O the Oprah Magazine*. He has hosted several TV shows, including *Clean Sweep* and *Extreme Clutter*. He lives in Los Angeles.

I cannot say enough good things about Peter Walsh, and his ability to change my thinking - seriously shifting my brain to realize I do not need all this STUFF. I feel free for the first in my life of the hold that things, mementos, clutter, had on me. I am mid-stream in my down-sizing, was never a hoarder, but even people with neat and tidy homes have too much stuff. When I cleaned out my front coat closet, for instance, I had 16 pair of gloves. Various materials, bought at different times, on trips when I had forgotten to pack them or we got a sudden cold snap. Now, after donating, 14 people will have gloves. I did the same with mufflers, hats, and coats. It feels good. In my wardrobe, I had so many duplicates: for instance FIVE black turtleneck sweaters, as just one example. My core wardrobe is much leaner now, looks fantastic, easy to pack and unpack and wash. Before I had so many clothes and way too many choices and I would get overwhelmed by what to take. I am an author and I travel around the globe - (I write a thriller series about a globe trotting archaeologist so my books are set everywhere). I needed easy choices, but still need to be professionally clothed. Peter has completely taught this old dog new tricks. I love his books.

The author gives many ways to look at the stuff we have in our homes. He has thought through his ideas and expresses them very well.

Love the creative ideas for organizing, displaying and purging from this book. Advice in this and all his books is invaluable. I have recommended him to many of my friends and I have all his books in my library

I've read all Peter's books and this one is right on time. It's not just about getting rid of the clutter and downsizing. It's also about living your best life and leaving your best legacy.

Very well written and makes so much sense. An applicable solution to the "collection" process and getting rid of it.

Great info, and with simple instructions to get things done. Would recommend it.

still reading and so far it is inspiring.

Haven't finished the book yet, but so far it has fabulous ideas.

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Let It Go: Downsizing Your Way to a Richer, Happier Life Downsizing Your Home and Loving It: 50 Simple Steps To Organize Your Home, Maximize Your Space And Live A Clutter Free Life (Downsizing Your Life, Decluttering ... How To Organize, Organizational Hacks) Mad at Everything: How to Control Your Temper, Let Go of Anger, and Live a Happier Life: Your Guide to Anger Management, Controlling Your Frustration, and Living a Happier Life Declutter Your Mind Now - 22 Simple Habits To Declutter Your Mind & Live A Happier, Healthier And Stress-Free Life: How To Eliminate Worry, Anxiety & ... A Richer Life (Decluttering Secrets Book 1) Downsizing The Family Home: What to Save, What to Let Go Pursuit of Perfect: How to Stop Chasing and Start Living a Richer, Happier Life Triumph of the City: How Our Greatest Invention Makes Us Richer, Smarter, Greener, Healthier, and Happier Non Alcoholic Fatty Liver Disease Liver Cleanse Diet & Recipes: because a happier liver makes a happier life. Organize Your Life, How To Be Organized, Productive & Happier In Life, Declutter Your Home and Be Productive at Work. (How to plan your life, Get Organized Book 1) Self Love: Changing Your Life Through Self-Love and Mindfulness (2 Books In 1), Learn How To Love Yourself More, Calm Your Mind, Reduce Your Stress and Live a Happier Life! Becoming an Expat: Ecuador: moving abroad to your richer life in Ecuador Fatherhood Is Leadership: Your Playbook for Success, Self-Leadership, and a Richer Life The Vegan Way: 21 Days to a Happier, Healthier Plant-Based Lifestyle That Will Transform Your Home, Your Diet, and You The Secret Language of Money: How to Make Smarter Financial Decisions and Live a Richer Life (Personal Finance & Investment) The Sustainable Edge: 15 Minutes a Week to a Richer Entrepreneurial Life Creating Affluence: The A-to-Z Steps to a Richer Life The Best Guide to Eastern Philosophy and Religion: Easily Accessible Information for a Richer, Fuller Life The Finish Rich Workbook: Creating a Personalized Plan for a Richer Future (Get out of debt, Put your dreams in action and achieve Financial Freedom Chair Yoga: Sit, Stretch, and Strengthen Your Way to a Happier, Healthier You The Little Book of Life Hacks: How to Make Your Life Happier, Healthier, and More Beautiful

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