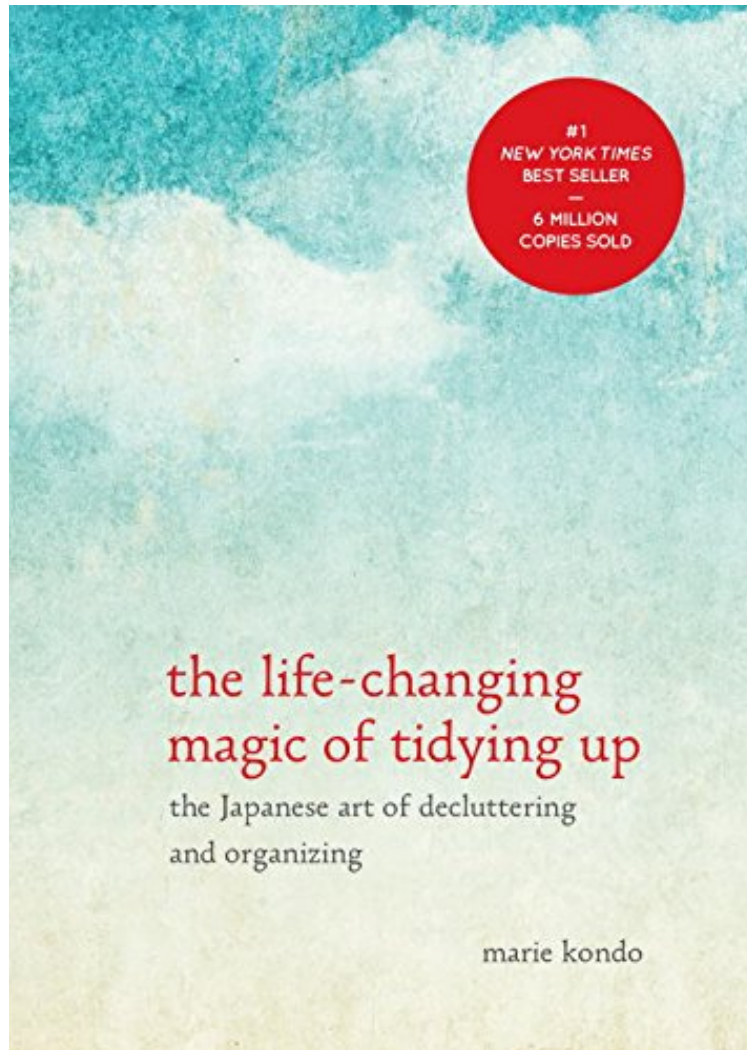


(Download) The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing

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Marie Kond

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Marie Kond : The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing before purchasing it in order to gage whether or not it would be worth my time, and all praised The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing:

6573 of 6760 people found the following review helpful. Change your relationship with stuff and finally kick the clutter habit!By ebI will admit to having a tortured relationship with stuff. I grew up in a cluttered house and married the King of Clutter (he's the type of person who'll open a credit card bill, pay it online, and then just leave the empty envelope, inserts, and bill itself randomly strewn on whatever surface happens to be nearby). I don't like the disorder

of clutter, but dealing with it is such a soul-sucking experience that I haven't gotten very far. Many days I semi-wish the whole place would burn down and save me from having to deal with it. Typically I'll catch an episode of Hoarders, fear that I'm one incapacitating injury away from being the focus of an episode (if I can't clean up all those strewn papers, they'll just pile up to the rafters, after all!), and then go through a stack of junk in a fit of unhappiness. Not the best way to deal with it all. Marie Kondo's book is the opposite of that. It's a breath of fresh air and positive energy that brings real joy to the process of "tidying up." I was only about halfway through before I tackled my clothes. She's right to begin there. My clothes are all mine (which also means that they're in nowhere near as terrible a state as other things in my house), so going through them affects only me and involves only my own feelings. Her advice may sound silly at first, but if your belongings inspire feelings of unhappiness, guilt, etc., her anthropomorphism of them can really help you change your viewpoint in a positive direction. I finished up with three bags for Goodwill and one for the garbage man. My drawers and closet, which were never very messy, are now exactly as I want them, and I feel fantastic! My one quibble with her instructions has to do with folding. I've always disliked rolls of items. Instead, I fold so I can line things up like files. This makes it easy to pull things out without everything falling over. For my five-year-old, I fold his t-shirts so the front image is visible on the fold, then file them in the drawer so he can see exactly which shirt is which. (Here's an example: [...]) This works well for socks as well as t-shirts, pajamas, etc. Most of her advice and content is really focused on a Japanese audience. There are many things in the book that won't translate as well culturally for a Western/American readership. For example, she suggests that you greet your home much as you would a Shinto shrine. That is likely to carry a different level of meaning for someone in Japan than in the U.S. Other references to spiritual practice and feng-shui are not likely to resonate the same way for an American audience. I even wonder if the preference for rolling clothes is cultural, since I have such a strong reaction against it and instead prefer folding and filing! The examples in the book also tend toward the childless female. There is a lot of discussion of travel toiletries, but very little about kitchen utensils, toys, or other items found most often in a family home. The home workshop, which is a particular problem in my home, gets no mention at all. Don't Japanese people own countless drills, boxes of screws, and electrical tape? But the reason for reading this book is not the specific advice about t-shirts and cupboards. It's about changing your relationship with the stuff you own. The tone of her book is so upbeat and positive, it's infectious. It's hard to keep reading it to the end, because you want to jump up and start using her methods immediately. I had little trouble adjusting her suggestions to match my own cultural perspective and physical home. In the book she mentions that it'll take 6 months to fully tidy your home so that everything left inspires joy. I'm now a week in, and 6 months seems like hardly enough time to tackle all the junk in my house, but I can fully see how this can be a life-changing process. 2479 of 2575 people found the following review helpful. True account of someone who thought she was tidy already. By Customer Marie Kondo says something to the effect of: If you read this book and feel as though it is you, then it is meant to be. Not a direct quote, but something that resonates with me as I read some of the negative reviews. This book spoke to me, it was truly magic. When I moved 9 months ago, I took approx 3 car loads of belongings to goodwill, thinking that I had done a darn good job of getting rid of unnecessary items. Yet still, my home continued to be rather cluttered and storage spaces felt messy no matter how much I tried to organize. I have read a multitude of books and articles, searched on Pinterest and other sites about organization. Read things on minimalism that were just unrealistic to me. I wanted to be more minimalist, but just couldn't get myself to only own 12 items in my kitchen. Nothing was quite right. Marie addresses all of these problems in her book and why they may or may not work. When I started reading I thought that I might be able to find a few things to discard and some new ways to organize the clutter I currently have. This was definitely, not the case. I purchased this book on Friday and have only tackled the category of clothing and 1 "catch all" bedroom I had because I had a guest coming to stay. I'm not even finished with those 2 places in my home and I have 2 large sized black garbage bags full, 4 smaller trash bags full, 1 medium sized box, and 3 of those reusable sized shopping bags and a pile of clothes still on the floor, all ready to leave my house. If you had asked me yesterday how many pairs of shoes I owned, I would have answered "maybe 20-25". When I took EVERY SINGLE shoe in my house and laid it out on the floor - not missing a single pair - it was eye opening, this is the magic of it. Taking a single category of item and laying it all out for you to truly see it. 59 pairs of shoes in all laid in front of me when I did this, some that I don't even remember purchasing or owning. Which is sad because I organized them all 9 months ago... I am happy to say I am down to 26 pairs right now. I even put 2 pairs that I had chosen to keep in the discard pile this morning after thinking "they are still new and cute" and then remembering why I never wore them after attempting to wear them to work (we didn't even make it out of the house before they were discarded). This book is definitely life changing magic. It helped me get past a ton of my emotions and just basic thoughts about my things and why I "needed" them or should just "keep" them whether I needed them or not, and gave me the permission I needed to discard them. If it speaks to you, enjoy it. If it does not speak to you, return it or donate it to someone it will speak to. 113 of 115 people found the following review helpful. Life-changing book - best \$10 I've ever spent EVER. By Laura I'm somewhat of a self-help book addict. I was browsing Pinterest one day and stumbled upon the "konmari method" and was intrigued, so I bought this book for kindle and read it in about an hour. I always thought I was a very organized person (because everything I owned had a designated, labelled place and my house was always super clean), but after reading this book I realized I was nothing more than a skilled hoarder. I locked myself in

my house for 6 straight weeks (seriously, only came out for absolute necessary obligations and appointments) and decluttered the ever-living hell out of my house. The only thing that slowed me down was waiting for every Tuesday to roll around when the big donation truck would come and haul off all my unwanted items, or waiting for every Monday for the trash collection. I probably discarded well over 100 bags of clutter in that 6 weeks and earned over \$400 selling the big-ticket items via social media, which I used to make my house prettier. I also donated an entire trunk full of books, CDs, and DVDs to my local library. My home's available storage used to be completely maxed out, and now I have empty drawers everywhere! I also have no less than 40 completely empty plastic storage bins in my garage that were previously full of clutter (and the storage bins are the next thing that will be sold!). Reading this book was life-changing. While I didn't follow it to the T (I do not thank my socks for their service every day LOL), it is the best feeling in the world to look around a room and realize you love every single item in said room. I no longer feel weighed down by "stuff". I still have a few odds and ends to finish up in my house, but I'm about 90% done at this point and loving it. I never knew getting rid of things could be so addicting. I also never thought I was the kind of person who could ever throw away a photo, but by the time I got to the sentimental items category, I discarded an entire garage can full of photos without hesitation and it felt great!

This #1 New York Times best-selling guide to decluttering your home from Japanese cleaning consultant Marie Kondo takes readers step-by-step through her revolutionary KonMari Method for simplifying, organizing, and storing. Despite constant efforts to declutter your home, do papers still accumulate like snowdrifts and clothes pile up like a tangled mess of noodles? Japanese cleaning consultant Marie Kondo takes tidying to a whole new level, promising that if you properly simplify and organize your home once, you'll never have to do it again. Most methods advocate a room-by-room or little-by-little approach, which doom you to pick away at your piles of stuff forever. The KonMari Method, with its revolutionary category-by-category system, leads to lasting results. In fact, none of Kondo's clients have lapsed (and she still has a three-month waiting list). With detailed guidance for determining which items in your house spark joy (and which don't), this international bestseller featuring Tokyo's newest lifestyle phenomenon will help you clear your clutter and enjoy the unique magic of a tidy home and the calm, motivated mindset it can inspire.

#1 New York Times Best Seller's Best Book of 2014 in Crafts, Home Garden "Ms. Kondo delivers her tidy manifesto like a kind of Zen nanny, both hortatory and animistic." -- The New York Times ". . . a literal how-to-heave-ho, and I recommend it for anyone who struggles with the material excess of living in a privileged society. (Thanks to Ms. Kondo, I kiss my old socks goodbye.) ... To show you how serious my respect for Ms. Kondo is: if I ever get a tattoo, it will say, Spark Joy!" -- Jamie Lee Curtis, TIME "This book is a cult. A totally reasonable, scary cult that works, doesn't kill people (a bonus), but does drastically change your life. In this case for the better." -- BuzzFeed "The most organized woman in the world." -- PureWow ". . . the Japanese experts ode to decluttering is simple and easy to follow." -- Vogue.com ". . . her voice . . . is by turns stern and enchanted, like a fairy godmother for socks." -- The Wall Street Journal "Reading it, you glimpse a glittering mental freedom from the unread/uncrafted/unworn, buyers remorse, the nervous eyeing of real estate listings. Lives overwhelm, conquered." -- The Atlantic "All hail the new decluttering queen Marie Kondo, whose mess-busting bestseller has prompted a craze for tidying in homes across the world . . . one proper clear out is all you need for the rest of your life." -- Good Housekeeping (UK) "How could this pocket-sized book, which has already sold over 2 million copies and sits firmly atop the New York Times Best Seller list, make such a big promise? Here's the short answer: Because it's legit. . . . Kondo's method really can change your life if you let it." -- TODAY.com "Kondo challenges you to ask yourself whether each object you have is achieving a purpose. Is it propelling you forward or holding you in the past?" -- USA Today ". . . a brief and bracing practical guide to tidying up your home." -- Financial Times "[It is] enough to salute Kondo for her recognition of something quietly profound: that mess is often about unhappiness, and that the right kind of tidying can be a kind of psychotherapy for the home as well as for the people in it . . . Its strength is its simplicity." -- The London Times About the Author Marie KonMari Kondo runs an acclaimed consulting business in Tokyo helping clients transform their cluttered homes into spaces of serenity and inspiration. With a three-month waiting list, her KonMari Method of decluttering and organizing has become an international phenomenon. The Life-Changing Magic of Tidying Up is a best seller in Japan, Germany, and the UK, with more than two million copies sold worldwide, and has been turned into a television drama for Japanese TV. She has been named one of the 100 most influential people in the world by Time, featured on more than thirty major Japanese television and radio programs, and profiled in the Sunday Times, Red magazine, You magazine, the New York Times, USA Today, NPR's Here Now, Slate, Family Circle, and the London Times, who has deemed her Japan's preeminent guru of tidiness, a warrior princess in the war on clutter. Excerpt. Reprinted by permission. All rights reserved. Introduction In this book, I have summed up how to put your space in order in a way that will change your life forever. Impossible? A common response and not surprising, considering that almost everyone has experienced a rebound effect at least once, if not multiple times, after tidying. Have you ever tidied madly, only to find that all too soon your home or workspace is cluttered again? If so, let me share with you the secret of success. Start by

discarding. Then organize your space, thoroughly, completely, in one go. If you adopt this approach the KonMari Method you'll never revert to clutter again. Although this approach contradicts conventional wisdom, everyone who completes my private course has successfully kept their house in order with unexpected results. Putting their house in order positively affects all other aspects of their lives, including work and family. Having devoted more than 80 percent of my life to this subject, I know that tidying can transform your life. Does it still sound too good to be true? If your idea of tidying is getting rid of one unnecessary item a day or cleaning up your room a little at a time, then you are right. It won't have much effect on your life. If you change your approach, however, tidying can have an immeasurable impact. In fact, that is what it means to put your house in order. I started reading home and lifestyle magazines when I was five, and it was this that inspired me, from the age of fifteen, to undertake a serious study of tidying that led to my development of the KonMari Method (based on a combination of my first and last names). I am now a consultant and spend most of my days visiting homes and offices, giving hands-on advice to people who find it difficult to tidy, who tidy but suffer rebounds, or who want to tidy but don't know where to start. The number of things my clients have discarded, from clothes and undergarments to photos, pens, magazine clippings, and makeup samples, easily exceeds a million items. This is no exaggeration. I have assisted individual clients who have thrown out two hundred 45-liter garbage bags in one go. From my exploration of the art of organizing and my experience helping messy people become tidy, there is one thing I can say with confidence: A dramatic reorganization of the home causes correspondingly dramatic changes in lifestyle and perspective. It is life transforming. I mean it. Here are just a few of the testimonies I receive on a daily basis from former clients. After your course, I quit my job and launched my own business doing something I had dreamed of doing ever since I was a child. Your course taught me to see what I really need and what I don't. So I got a divorce. Now I feel much happier. Someone I have been wanting to get in touch with recently contacted me. I'm delighted to report that since cleaning up my apartment, I've been able to really increase my sales. My husband and I are getting along much better. I'm amazed to find that just throwing things away has changed me so much. I finally succeeded in losing ten pounds. My clients always sound so happy, and the results show that tidying has changed their way of thinking and their approach to life. In fact, it has changed their future. Why? This question is addressed in more detail throughout the book, but basically, when you put your house in order, you put your affairs and your past in order, too. As a result, you can see quite clearly what you need in life and what you don't, and what you should and shouldn't do. I currently offer a course for clients in their homes and for company owners in their offices. These are all private, one-on-one consultations, but I have yet to run out of clients. There is currently a three-month waiting list, and I receive inquiries daily from people who have been introduced by a former client or who have heard about the course from someone else. I travel from one end of Japan to the other and sometimes even overseas. Tickets for one of my public talks for stay-at-home parents sold out overnight. There was a waiting list not only for cancellations but also for the waiting list. Yet my repeater rate is zero. From a business perspective, this would appear to be a fatal flaw. But what if my lack of repeaters was actually the secret to the popularity of my approach? As I said at the beginning, people who use the KonMari Method never revert to clutter again. Because they can keep their space in order, they don't need to come back for more lessons. I occasionally check in with graduates of my courses to see how they are doing. In almost every case, not only is their home or office still in order but they are continuing to improve their space. It is evident from the photographs they send that they have even fewer belongings than when they finished the course, and have acquired new curtains and furnishings. They are surrounded only by the things they love. Why does my course transform people? Because my approach is not simply a technique. The act of tidying is a series of simple actions in which objects are moved from one place to another. It involves putting things away where they belong. This seems so simple that even a six-year-old should be able to do it. Yet most people can't. A short time after tidying, their space is a disorganized mess. The cause is not lack of skills but rather lack of awareness and the inability to make tidying a regular habit. In other words, the root of the problem lies in the mind. Success is 90 percent dependent on our mind-set. Excluding the fortunate few to whom organizing comes naturally, if we do not address this aspect, rebound is inevitable no matter how much is discarded or how cleverly things are organized. So how can you acquire the right kind of mind-set? There is just one way, and, paradoxically, it is by acquiring the right technique. Remember: the KonMari Method I describe in this book is not a mere set of rules on how to sort, organize, and put things away. It is a guide to acquiring the right mind-set for creating order and becoming a tidy person. Of course, I can't claim that all my students have perfected the art of tidying. Unfortunately, some had to stop for one reason or another before completing the course. And some quit because they expected me to do the work for them. As an organizing fanatic and professional, I can tell you right now that no matter how hard I try to organize another's space, no matter how perfect a storage system I devise, I can never put someone else's house in order in the true sense of the term. Why? Because a person's awareness and perspective on his or her own lifestyle are far more important than any skill at sorting, storing, or whatever. Order is dependent on the extremely personal values of what a person wants to live with. Most people would prefer to live in a clean and tidy space. Anyone who has managed to tidy even once will have wished to keep it that way. But many don't believe it's possible. They try out various approaches to tidying only to find that things soon return to normal. I am absolutely convinced, however, that everyone can keep his or her space in order. To do that, it is essential to thoroughly reassess your habits and

assumptions about tidying. That may sound like far too much work, but dont worry. By the time you finish reading this book, you will be ready and willing. People often tell me, Im disorganized by nature, I cant do it, or I dont have time; but being messy is not hereditary nor is it related to lack of time. It has far more to do with the accumulation of mistaken notions about tidying, such as its best to tackle one room at a time or its better to do a little each day or storage should follow the flow plan of the house. In Japan, people believe that things like cleaning your room and keeping your bathroom spick-and-span bring good luck, but if your house is cluttered, the effect of polishing the toilet bowl is going to be limited. The same is true for the practice of feng shui. It is only when you put your house in order that your furniture and decorations come to life. When youve finished putting your house in order, your life will change dramatically. Once you have experienced what its like to have a truly ordered house, youll feel your whole world brighten. Never again will you revert to clutter. This is what I call the magic of tidying. And the effects are stupendous. Not only will you never be messy again, but youll also get a new start on life. This is the magic I want to share with as many people as possible.