

Books to Help You Clear Internal and External Clutter

ADD-Friendly Ways to Organize Your Life by Judith Kolberg and Kathleen Nadeau, Ph.D.

Buried in Treasures; Help for Compulsive Acquiring, Saving, and Hoarding
By David F. Tolin, Randy O. Frost, and Gail Steketee

Clearing Clutter as a Sacred Act: Essays, Poems, and Practices by Carolyn Koehnline.

Confronting Your Clutter; Releasing the Excess Baggage from Your Home, Head, Heart and Schedule by Carolyn Koehnline.

Creating Time; Using Creativity to Reinvent the Clock and Reclaim Your Life by Marney K. Makridakis.

Creative Time and Space; Making Room for Making Art by Rice Freeman-Zachery.

House as a Mirror of Self; Exploring the Deeper Meaning of Home by Clare Cooper Marcus.

A Life of Being, Having, and Doing Enough by Wayne Muller.

The Life-Changing Magic of Tidying Up; The Japanese Art of Decluttering and Organizing
by Marie Kondo.

Stuff; Compulsive Hoarding and the Meaning of Things by Randy G. Frost and Gail Steketee.

Transitions; Making Sense of Life's Changes (25th Anniversary Edition) by William Bridges.

When Organizing Isn't Enough; SHED Your Stuff, Change Your Life by Julie Morgenstern.