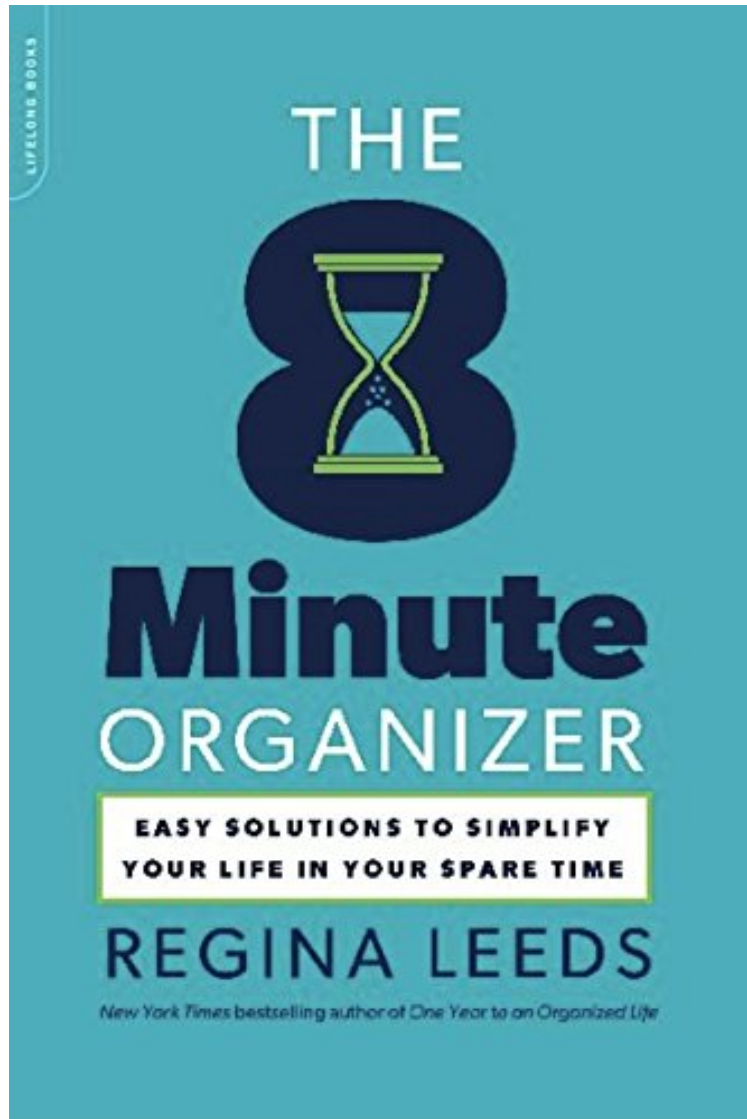


[E-BOOK] The 8 Minute Organizer: Easy Solutions to Simplify Your Life in Your Spare Time

The 8 Minute Organizer: Easy Solutions to Simplify Your Life in Your Spare Time

Regina Leeds

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Regina Leeds : The 8 Minute Organizer: Easy Solutions to Simplify Your Life in Your Spare Time before purchasing it in order to gauge whether or not it would be worth my time, and all praised The 8 Minute Organizer: Easy Solutions to Simplify Your Life in Your Spare Time:

0 of 0 people found the following review helpful. Ready to organize!By JustMeI started listening to this via audiobook and has to purchase the book because the tips and advice were excellent. I just started listening 2 days ago and I've already completed 4 projects. I can't wait to complete more and organize my life!2 of 2 people found the following

review helpful. Awesome and motivational book By Wesley G. Hart Ever need to get organized and don't have an idea where or how? That was me before I read this book. The book is great at guiding you on your plan and based on 8 min exercises per session, Regina is clearly an expert in creating an organized space. I love the idea that you only take 8 min sessions... And do as many 8 min sessions a day as you want. I used to think getting organized meant that I had to have a major project and get it all done at once, this was my AH-HA book! 6 of 7 people found the following review helpful. More like 15 minutes ... By RAASusanne When my son was growing up, we used to do something on Saturday mornings we called, 'The Blitz', wherein we'd set the kitchen timer for 15 minutes and yell, 'BLITZ!' - then run round the house like crazy people picking up, straightening and cleaning as much of the house as we could in those 15 minutes. When the timer went off, we were done, no matter what, and we had the rest of the weekend to relax and / or play. The house may not have ended up spotless after those 15 minutes, but it looked a whole hell of a lot better than it had before. The 8 Minute Organizer works kind of on the same principal, initially: speed-remove clutter from each 'space' so you can actually see the areas that need organizing, then tackle each of them one at a time in 8-minute segments. For example, Blitz the living room of all toys, dishes, newspapers, magazines and things that belong in other rooms - then take a long look around and see what needs to be organized: The corner bookshelf that's stuffed and tumbling items of it's shelves, the entry closet, the cobwebs along the ceiling and baseboards, the game drawer, etc - then set 8 minutes aside for each task. Except for the fact that - in my house at least - each of those tasks take more like 15 minutes rather than 8, the book is spot-on helpful. Breaking seemingly overwhelming tasks down into smaller increments is basic wisdom, but it's easy to forget, and the author gives a lot of helpful tips along the way that show she's got a sense for why you let your life get cluttered in the first place, and ways to reason with yourself to let certain things go (i.e., how NOT to become a Hoarder). I like that she's broken the book down to a room-by-room walk-through, and I also like that she takes a very 'Zen' approach, reminding you that a de-cluttered space always leads to a calmer mind. And guess what? It really does.

Whether you are busy dealing with a demanding job, raising kids, or coping with illness, simply finding the time to get organized can be a challenge. The 8-Minute Organizer to the rescue! Regina Leeds shows how anyone can organize their home with just a few minutes each day. She has tailored her magic formula (eliminate, categorize, organize) so that readers can work in short, effective increments and complete small projects that add up to big progress. The book includes hundreds of systems and tricks--from rapid closet rehab to tackling junk drawers, clutter-busting a room to setting up a mail system. Leeds also offers quick but important daily routines (making the bed), periodic tasks (checking the smoke detector), and fun projects (creating a dream board) to keep up the momentum. nbsp;

Library Journal, 5/15/12 "Leeds gets right to the point and offers simple, attainable advice"; Tucson Citizen, 5/14/12