



# **SHED Your Stuff, Change Your Life: A Four-Step Guide to Getting Unstuck**

*Julie Morgenstern*

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# SHED Your Stuff, Change Your Life: A Four-Step Guide to Getting Unstuck

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## **SHED Your Stuff, Change Your Life: A Four-Step Guide to Getting Unstuck** Julie Morgenstern

Expert organizer and *New York Times* bestselling author Julie Morgenstern teaches you how to get rid of the physical, mental, and time clutter that's keeping you from the life you want.

Julie Morgenstern has made a career out of helping her clients get organized. But in the process, she discovered something surprising: for many of her clients, organizing isn't enough. For those who are eager to make a change in their lives—a new job, a new relationship, a new stage in life—they need to get rid of the old before they can organize the new. They need to SHED their stuff before they can change their lives! So Julie created the SHED process—a four-step plan to get rid of the physical, mental, and schedule clutter that holds back so many of us. But SHEDding isn't just about throwing things away! Julie teaches that it's just as important to focus on what comes before and after you heave the clutter, so that the changes you make really stick in the long term. Learn about:

- Separating the treasures (figuring out what really matters)
- Heaving the rest (undertaking the tough work of eliminating excess)
- Embracing your true identity (figuring out who you really want to be)
- Driving yourself forward (achieving real change now that the past isn't holding you back any longer)

Whether you're facing a move, a promotion, an empty nest, a marriage, divorce, or retirement, *SHED Your Stuff, Change Your Life* provides a practical, transformative plan for positively managing change in every aspect of your life.

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