

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

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

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

Journal to the Self; twenty-two paths to personal growth, by Kathleen Adams, MA, LPC

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

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