

Chapter 1 : The Art of Discarding | Tiffany Shacklett

She published the original edition of The Art of Discarding as Suteru! Gijutsu in Japan in where it became an overnight sensation. It has since become a million copy international bestseller and was the inspiration for Marie Kondo's The Life Changing Magic of Tidying Up.

Turns out, the answer to the second question was a lot. Organized is not the same as tidy. In many ways I was just as much a hoarder as the next American influenced, however indirectly and going back multiple generations, by the Great Depression. To paraphrase an idea gleaned from an interview with Tom Chi Google: So what new habits of thought could truly tidying your space support? The only other technique I know of to improve these things is meditation. It may seem like a lot of work initially, but the payoff is once you dig in and get it done, you will never regress to clutter and chaos again. The system can be distilled into two basic steps. Tackle one category of belongings at a time, and physically touch and consider it. The point is to just get it done once and for all and not procrastinate and painfully drag it on. Other de-cluttering advice I had previously followed was to look around a room and ask if I loved the stuff in it. If yes keep it, if no let it go. I needed a better question. I dutifully collected every article of clothing I owned from closets, drawers, laundry etc. The keep pile had begun. Discard Pile I moved through my mountain rather quickly and easily, and when it was finished I surveyed the massive discard pile. This is where the connection begins to build with positive habits of thought. It takes intuition to discern the yes or no response. In a nutshell, yes is light and expansive, no is heavy, constricting, or even wishy-washy. It takes authenticity to be willing to listen to the yes or no and not dismiss it because of what someone else might think. Actually, now I usually just leave the door open. Another bonus is it is now super easy now to pack for my frequent travel. The bags of discarded clothes and extra hangers to donate was like a huge weight being lifted out of my life. This energy built a ton of momentum to push me happily into the next category. I looked forward to Day 2. The book category is where people often uncover their life purpose once they survey the books that remain. I did not have any revelations in this area, but was able to merrily discard a piece of furniture that never fit well in my current house, but I had been keeping anyway as a place to store books. I also combined this category with CDs and DVDs since most of my collection had long since been sold as technology shifted to streaming and was already sparse. Besides being a few grocery bags full of books lighter, my reward was a more open living room without unwanted and now unnecessary furniture. Kitchen The next category in the book is technically paper, but as it was personally my second hardest category, I saved it for second to last in following the spirit of the process. I had previously de-cluttered my kitchen by banning all unnecessary plastic. I replaced anything that was necessary with glass and bamboo items, just as inexpensive but so much more attractive, by shopping at places like Ross, and slowly building up a collection of glass Pyrex storage containers as they went on sale. Komono Doodads Toodle-oo, doodads! My other lovely sister Cindy and I got a good laugh when I told her I culled a mountain of towels and blankets out of my hall closet. How many blankets does one really need? Best donate the rest so one of your human brothers or sisters might be able to keep themselves, a child, or a pet, warm. So long shed stuff! Papers Discard all papers. The rule was simple enough to understand, but the mere suggestion cued the proverbial screeching record in my head. Bank and credit card statements going back 7 years? Every rock chart and field show I ever played in college? Every school newspaper from high school? File folder overflowing with recipes? High, still in its fancy fold? Receipts from 20 years ago? The list went on. At work my authentic self actually loathes and despises all paper. Why not bring this authentic self home with me as well? I really do hate paper!!!! What I am attached to is the information on it. Night 1 scan and shred. Yes, this was just one night. Understandably not everyone has easy access to fast scanners and expensive PDF software, but do what you can. Scan them if possible. Most of these were scanned and then shredded. Tax returns and support W-2s, s, etc. Make sure to keep a backup. Bank and credit card statements. These should be kept for 7 years. I do have a small accordion file to keep recent receipts for items that might need to be returned, but this is purged regularly. Insurance policies and estate plan. This is currently my one exception, besides temporary recent receipts, to my paperless policy. This may eventually change as more people in my life embrace the

cloud. School stuff and articles. These were just trashed. I input all these into an app called Pepperplate, but there are other apps to consider. The fantastic thing about this being done is now my recipes are with me wherever I go, most effectively, at the grocery store. However I put the ones from my childhood BFF into a book that will someday go to her kids. Collecting greeting cards to sort. Once I finally had them all on the table, I sorted them by giver, and then discarded ones from people I will likely never interact with again. For now, since they bring me joy, they live on the shelf next to photo albums to be flipped through at leisure. I had various collections of these from every movie, concert, event, etc. I discarded large items like old playbills, but took an idea from Pinterest and put all of my ticket stubs into a large mason jar that now lives with the photo albums. Not overnight, but what a relief to have the mountains of annoying, stressful paper gone, and the information easily accessible and appropriately backed up on a computer. Sentimental Items See ya sentimental items! The hardest part was locating and consolidating all of my various boxes of sentimental items collected over the years. Sentimental items displayed where they can be enjoyed, as intended. I boxed up old VHS tapes and audio cassettes and sent them to a service to be digitized before discarding. A few items such as yearbooks, a binder ring of student IDs and old driver licenses, and the old letterman jacket I still wear to homecoming went back in the trunk, just not in the attic. Most sentimental items I kept were worked in to my current life. Two interesting things happened once the de-cluttering was done. First, people often ask Marie whether they regret discarding anything. I knew I said I would replace it with an LED, but I would have kept at least one old bulb if it meant saving me a trip back into town to buy a new one so soon. Apparently they had received the etheric download. The ugly work pants were donated not long after. Time, or lack thereof, has been a challenge for me since I began my career as a CPA. Over the course of just one month, I managed to complete them ALL, and then some. This has done amazing things to lower stress, increase inner peace, improve my energy levels, gain more clarity as to my life purpose, and improve my intuition. I feel like I have more time, or at least less guilt, to begin NEW projects and move forward with my life in a more authentic fashion. Do you own your stuff or does your stuff own you? Whether you choose to be aware of it or not, your energy supports your stuff. Does it support you back? Do you love yourself enough to surround yourself only with things that bring you joy? Are you willing to practice generosity by donating? Are you willing to be clear and purposeful as to what you choose to create and surround yourself with? Are you willing to deal with it NOW instead of potentially leaving an unpleasant legacy to your next of kin?

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The Art of Discarding is from a different (Japanese) culture/perspective, and that difference was interesting but required some level of interaction to reimagine the advice applied to a life and culture that I found more familiar.

Marie Kondo has this to say: People have trouble discarding things that they could still use functional value , that contain helpful information informational value , and that have sentimental ties emotional value. When these things are hard to obtain or replace rarity , they become even harder to part with. So you must build up a resistance to the emotional and hone your sense of what sparks joy to you. Discard by asking yourself: This is the fun part: So again, take every item in your hands. How does your body react? Make like Elsa and let it go, friends. This is a lesson that requires you to drop your defenses and disconnect yourself from your sense of pride. Why discard at all? What if I need that stuff? Actually, Marie Kondo is going to change your life. The thing is, stuff is just stuff. It can be bought, borrowed, found, sold. Kondo has this to say: The question of what you want to own is actually the question of how you want to live your life. Fear for the future, fear of letting go of the past. But what about joy in each moment? How to let go of fear for the future. Life becomes far easier once you know that things will still work out even if you are lacking something. And when we do, we notice that the problem is often solved surprisingly easily. When is the last time you sat down with a photo album? Read that box of letters from your high school sweetheart? Are you still with that high school sweetheart? Sentimentality is a high hurdle to jump, possibly the most difficult of all. That is why memorabilia has to come last in the order of discarding. So when you have a hard time discarding something sentimental, ask why. And ask why again to that answer. In life, things change. We move forward, and the best way to move forward is with gratitude. Thank the object for the lesson it provided, for the moment in life it unlocks, for whatever you find most fitting. But also be gentle with yourself for releasing yourself from the past. Your job in life is to keep moving forward. Gifts are one of the hardest things to let go of, so consider that a person who would give you a gift would want you to be happy. They want the best for you. Finding yourself on the next season of Hoarders is not what is best for you. That moment is past. Move on with your future. While you can go through the house as a whole, focus on your own belongings. Finish discarding before you worry about placement. Finish each category before you create a place for it. And make sure you understand placement and storage before you start putting things away, too. Read the whole series from the beginning:

Don't discard anyone else's things! With the exception of the kids' rooms, this is a personal process. While you can go through the house as a whole, focus on your own belongings.

Marie Kondo will help you declutter your life with her new major Netflix series Organise the World with Marie Kondo, coming soon Transform your home into a permanently clear and clutter-free space with the incredible KonMari Method. The key to successful tidying is to tackle your home in the correct order, to keep only the things you really love and to do it all at once – and quickly. After that for the rest of your life you only need to choose what to keep and what to discard. The KonMari Method will not just transform your space. Once you have your house in order you will find that your whole life will change. You can feel more confident, you can become more successful, and you can have the energy and motivation to create the life you want. You will also have the courage to move on from the negative aspects of your life: If you think that such a thing is impossible then you should definitely read this compelling book. The very first book on space systems failures written from an engineering perspective. Focuses on the causes of the failures and discusses how the engineering knowledge base has been enhanced by the lessons learned. Discusses non-fatal anomalies which do not affect the ultimate success of a mission, but which are failures nevertheless. Describes engineering aspects of the spacecraft, making this a valuable complementary reference work to conventional engineering texts. This book addresses players of intermediate calibre who seek the inspiration or advantage that will catapult their play and ranking to peak heights. Karpin, a Life Master known as the first contemporary advocate of point-count bidding, has taught the advantage to over 30, pupils, and to many more through his numerous, clearly written books. Sandor Ellix Katz Language: Chelsea Green Publishing Format Available: Sandor Katz presents the concepts and processes behind fermentation in ways that are simple enough to guide a reader through their first experience making sauerkraut or yogurt, and in-depth enough to provide greater understanding and insight for experienced practitioners. While Katz expertly contextualizes fermentation in terms of biological and cultural evolution, health and nutrition, and even economics, this is primarily a compendium of practical information – how the processes work; parameters for safety; techniques for effective preservation; troubleshooting; and more. With two-color illustrations and extended resources, this book provides essential wisdom for cooks, homesteaders, farmers, gleaners, foragers, and food lovers of any kind who want to develop a deeper understanding and appreciation for arguably the oldest form of food preservation, and part of the roots of culture itself. Readers will find detailed information on fermenting vegetables; sugars into alcohol meads, wines, and ciders ; sour tonic beverages; milk; grains and starchy tubers; beers and other grain-based alcoholic beverages ; beans; seeds; nuts; fish; meat; and eggs, as well as growing mold cultures, using fermentation in agriculture, art, and energy production, and considerations for commercial enterprises. Sandor Katz has introduced what will undoubtedly remain a classic in food literature, and is the first – and only – of its kind.

Chapter 4 : The Art of Discarding by Nagisa Tatsumi

The book that inspired Marie Kondo's The Life Changing Magic of Tidying Up, Nagisa Tatsumi's international bestseller offers a practical plan to figure out what to keep and what to discard so you can get--and stay--tidy, once and for all.

Email Marie Kondo has built a huge following in her native Japan with her "KonMari" method of organizing and de-cluttering. Clients perform a sort of tidying up festival: Each object is picked up and held, and the client needs to decide if it inspires joy. Lisa Westmoreland edited the U. The Japanese Art of Decluttering and Organizing. What standard do you use to decide what to get rid of? There are several common patterns when it comes to discarding. Another is to discard things that are out of date, such as clothes that are no longer in fashion or things related to an event that has passed. Various experts have proposed yardsticks for discarding things people find hard to part with. In this state, it is extremely risky to continue tidying. My head was full of tidying tips, and I had complete, albeit misguided, confidence that I could tidy any place. My particular goal at that time was to get rid of as much as possible. I applied every criteria suggested by the various books I read on reducing. I threw out thirty bags of garbage in one month. But no matter how much I discarded, not a single room in my house felt any tidier. In fact, I found myself going shopping just to relieve the stress and so failed miserably to reduce the total volume of my possessions. At home, I was always uptight, constantly on the lookout for superfluous things that could be discarded. When I found something not in use, I would pounce on it vengefully and throw it in the garbage. Not surprisingly, I became increasingly irritable and tense and found it impossible to relax even in my own home. One day after school, I opened the door to my room to begin cleaning as usual. At the sight of that untidy space, I finally lost it. Plopping myself down in the middle of my room, I began to think. I had spent three years tidying and discarding things, yet my room still felt cluttered. Although I did not say this out loud, in my heart I was practically shouting. At that moment, I heard a voice. With that thought still in my head, I fell fast asleep right there on the floor. If I had been a little smarter, I would have realized before I became so neurotic that focusing solely on throwing things away can only bring unhappiness. Because we should be choosing what we want to keep, not what we want to get rid of. When I woke up, I knew immediately what that voice in my head had meant. Look more closely at what is there. I had been so focused on what to discard, on attacking the unwanted obstacles around me, that I had forgotten to cherish the things that I loved, the things I wanted to keep. If not, dispose of it. This is not only the simplest but also the most accurate yardstick by which to judge. You may wonder about the effectiveness of such a vague criteria, but the trick is to handle each item. You must take each outfit in your hand. When you touch a piece of clothing, your body reacts. Its response to each item is different. Trust me and try it. I chose this standard for a reason. After all, what is the point in tidying? Therefore, the best criterion for choosing what to keep and what to discard is whether keeping it will make you happy, whether it will bring you joy. The answer to these questions should be no. Now imagine yourself living in a space that contains only things that spark joy. Keep only those things that speak to your heart. Then take the plunge and discard all the rest. By doing this, you can reset your life and embark on a new lifestyle. Reprinted with permission of Ten Speed Press. This segment aired on December 9,

Chapter 5 : Decluttering The Art of Discarding

The Art of Discarding If there is one word people consistently use to describe me it's "organized." So when my lovely sister Carolyn mentioned a library book with a + person waiting list called The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing by Marie Kondo, I was intrigued.

Chapter 6 : Download [PDF] The Art Of Discarding How To Get Rid Of Clutter And Find Joy â€“ Fodreport

The Easiest Decluttering Strategy from the Book That Inspired Marie Kondo This practical advice from the international bestseller, The Art of Discarding, will change your organizing habits for the better.

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Chapter 7 : [PDF/ePub Download] the art of discarding eBook

The Fine Art of Discarding The term discarding in the game of bridge generally refers to one's attempt to communicate information to partner when defending.

Chapter 8 : the art of discarding “ Novels And Nonfiction

The book that inspired Marie Kondo's The Life Changing Magic of Tidying Up, Nagisa Tatsumi's international bestseller offers a practical plan to figure out what to keep and what to discard so you can get - and stay - tidy, once and for all.

Chapter 9 : Buy The Art of Discarding - Microsoft Store

Minimalism is a concept that has a strong appeal for someone with perfectionist and OCD tendencies like me. The vision of a space so simplified and streamlined that it instantly calms you is an intoxicating mirage that I've completely bought into.