



Clearing the Way for the New Year

If you follow social media or watch television, you have probably heard of the tiny house movement. You may have also noticed that there are a lot of web sites, blogs, and books that promote simplifying, downsizing, and generally adopting a minimalist approach to life.

The philosophy of minimalism is not new — Epicurus made the idea popular as early as the 4th century B.C.— but decluttering and “living small” have definitely seen a rise in popularity over the past 10 years, especially among millennials. According to one study, 78% of millennials prefer to spend their money on experiences rather than on material goods and big houses. This trend reflects big changes in our economy, environment, culture, and values.

Even if you aren’t prepared to jump on the minimalist bandwagon, (it’s probably too small for all your stuff!) you have most likely experienced at least one moment of exasperation brought on by disorganization and the burden of having too many things. Why not start the new year by clearing away some of the clutter? There are dozens of resources that provide motivation and step-by-step instructions. Many of these are listed on the back of this packet.

If you’d like to get started right away, Joshua Fields Millburn and Ryan Nicodemus offer a 30-Day Minimalism Game on their web site <https://www.theminimalists.com>. Here’s how it works:

Find a friend or family member: someone who’s willing to get rid of their excess stuff. This month, each of you must get rid of one thing on the first day. On the second, two things. Three items on the third. So forth, and so on. Anything can go! Clothes, furniture, electronics, tools, decorations, etc. Donate, sell, or trash. Whatever you do, each material possession must be out of your house and out of your life by midnight each day.

It’s an easy game at first. However, it starts getting challenging by week two when you’re both jettisoning more than a dozen items each day. Whoever can keep it going the longest wins; you both win if you can make it all month. Bonus points if you play with more than two people.

Use the resources on the back of this sheet to answer the question below. Submit your answer in the entry box located in the main library by January 31, 2018 to be entered to win a \$75 Amazon gift card.

What is the name of the author who invented the KonMari method of tidying up?

Name: _____ Phone #: _____



Resources

Books & eBooks Available at JCPL

The Year of No Clutter by Eve O. Schaub Home Housekeep 616.85 SCHA—also available as an ebook through Overdrive

Simple Matters by Erin Boyle Home Housekeep 640 BOYL

The Simpler Living Handbook by Jeff Davidson Home Housekeep 640 DAVI

Living Simple, Free & Happy by Cristin Frank Home Housekeep 640 FRAN

It's All Too Much by Peter Walsh Home Housekeep 640 WALS

Unstuffed: Decluttering Your Home, Mind & Soul by Ruth Soukup Home Housekeep 646.7 SOUK

The Life-Changing Magic of Tidying Up by Marie Kondo Home Housekeep 648 KOND

The Home Decluttering Diet by Jennifer Lifford Home Housekeep 648 LIFF

Throw Out Fifty Things by Gail Blanke Home Housekeep 648.5 BLAN

Cut the Clutter by Cynthia Townley Ewer Home Housekeep 648.5 EWER

Clear the Clutter, Find Happiness by Donna Smallin Home Housekeep 648.5 SMAL

Clutter Cutters by Better Homes & Gardens Home Housekeep 648.8 CLUT - also available as an ebook through Axis360

The More of Less by Joshua Becker available as an ebook through Overdrive

Spark Joy by Marie Kondo available as an ebook through Axis360

Blessed by Less by Susan Vogt available as an ebook through Overdrive

Online Articles

“Declutter 101: How to Cut Clutter at Home” by Cynthia Ewer. *Organized Home*.

<http://organizedhome.com/cut-clutter/declutter-101-cut-clutter-at-home>

“15 Ways to Instantly Reduce Clutter” by Mary Fetzler. *She Knows*. August 10, 2015.

<http://www.sheknows.com/home-and-gardening/articles/1090045/how-to-reduce-clutter>

“How to Kick Your Clutter Habit and Live in a Clean House Once and for All” by Alan Henry. *Lifehacker* October 31, 2012.

<https://lifehacker.com/5957609/how-to-kick-your-clutter-habit-and-live-in-a-clean-house-once-and-for-all>

“Living Simply: The Ultimate Guide to Conquering Your Clutter” by Leo Babauta. *Zen Habits*.

<https://zenhabits.net/living-simply-the-ultimate-guide-to-conquering-your-clutter/>

JCPL Databases

Universal Class: Clutter Control 101

Universal Class offers over 500 online courses for patrons interested in the lifelong pursuit of knowledge for either personal or professional reasons. Create an account using your library card number and search for the class “Clutter Control 101.”

Lynda.com: Going Paperless: Start to Finish by Susan Kanye

Lynda.com is a premier online learning resource offering more than 4,400 courses covering technical skills, creative techniques, business strategies, and more. Login with your library card number and PIN. Once you login, search for the course “Going Paperless: Start to Finish.”