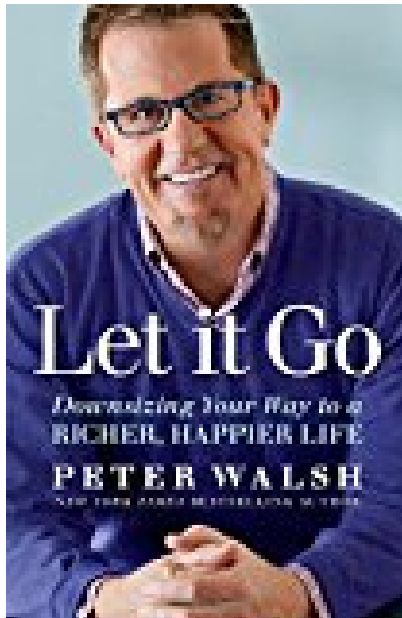


# Let It Go Downsizing Your Way to a Richer Happier Life

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## BOOK DETAILS

- Author : Peter Walsh
- Pages : 256 Pages
- Publisher : Rodale Books
- Language : English
- ISBN : 1623367794

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## BOOK SYNOPSIS

Say goodbye to clutter, reduce stress, and live simply with this easy-to-use guide to downsizing! Whether you are selling your family home, blending households into a new home, or cleaning out your aging parents home, sorting through a lifetimes worth of accumulated possessions can be a daunting and stressful experience. Decluttering guru Peter Walsh recently went through the process of downsizing his childhood home and dividing his late parents family possessions. He realized that making these decisions about mementos and heirlooms creates strong emotions and can be an overwhelming chore. In *Let It Go*, Peter will help you turn downsizing into a rejuvenating life change with his useful tips and practical takeaways, including how to: Understand the emotional challenges that accompany downsizing Establish a hierarchy of mementos and collectibles Calculate the amount of stuff you can bring into your new life Create strategies for dividing heirlooms among family members without drama This new phase brings unexpected freedoms and opportunities, and Peter walks you through every step of the process. You'll feel freer and happier than you ever thought possible once you *Let It Go*.

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