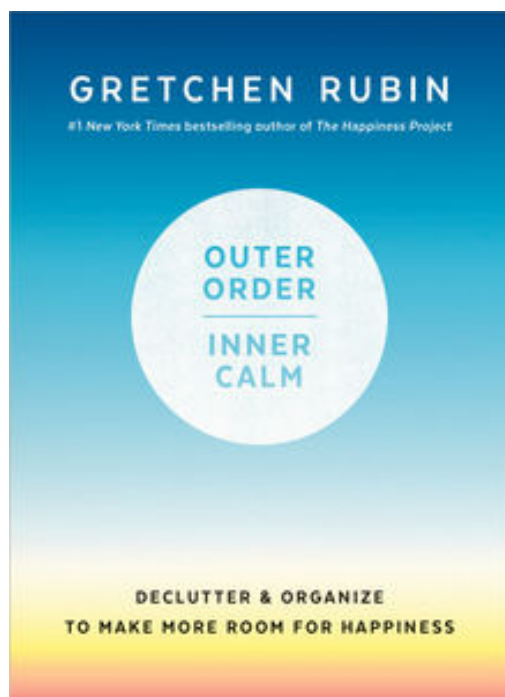


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Gretchen Rubin has found that getting control of our *stuff* makes us feel more in control of our lives. By getting rid of things we don't use, don't need, or don't love, we free our minds (and our shelves) for what we truly value.

With a sense of fun, and a clear idea of what's realistic for most people, Gretchen Rubin suggests dozens of manageable steps for creating a more serene, orderly environment—one that helps us to create the lives we want.

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