



## The Life Changing Magic of Tidying Up

### Description

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BESTSELLER  
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the life-changing  
magic of tidying up

the Japanese art of decluttering  
and organizing

marie kondo

I came across the book [\*The Life Changing Magic of Tidying Up\*](#) while browsing the staff recommended book section at Barnes & Noble several months ago. At the time I was gung-ho about simplifying and decluttering my home and it's one of those book titles that makes you want to pick it up and read more. I really didn't need to add another book to my overstuffed bookshelves and decided to pass on it. However, I came across the title again several days later and it took it as a sign that maybe I need to purchase this book. It's sort of like the target marketing ads you seen on the internet after you've been browsing certain merchandise.

The author Marie Kondo is a Japanese cleaning consultant. Marie takes a more spiritual approach in her book [\*The Life Changing Magic of Tidying Up\*](#) and encourages readers to hold each item in their hand and ask the simple question, "Does this spark joy?". Marie's book drew me in because it's not just a how to book on decluttering. *The Life Changing Magic of Tidying* focuses on choosing what we want to keep, not what we want to get rid of. There are a few ideas which I felt while they may work well in the Japanese culture, they aren't as practical for how most people live in the United States.

Marie advises storing everything similar in the same place or in close proximity. Don't disperse your storage space. If you live in a multilevel home I'm not sure how practical that advice is, but it has forced me to consolidate and rethink where I store a few things. Marie also suggests, "When you are choosing what to keep, ask you heart; when you are choosing where to store something ask your house." Use your instincts to guide you.

Marie urges her clients to appreciate their belongings. She treats her belongings as if they are alive. For example, thank your coat for keeping you warm as you take it off. I have to admit this is something I thought was a little out there. I'm not in the habit of talking to my home or inanimate objects. I do feel there is value in the idea behind it though which is gratitude. Express appreciation for everything and treat things with respect.

[\*The Life Changing Magic of Tidying Up\*](#) encouraged me to think about why I want to simplify my home. The true goal is to establish the lifestyle you want and identify why you want to live like that. One of the tips I found most helpful was purging and sorting things by category not by room. Search every room of your house and put everything on the floor. Gathering things in one place is essential because it gives you an accurate view of how much you have. Start with clothes first, then books, papers, miscellaneous and then mementos. I have tried purging the old fashioned way by room or drawer and I've found the process of purging by category to be more effective for me.

Unfortunately, the simplifying process has been a slow process unlike the television shows where a hoarder's home is purged in one weekend. I'm not a hoarder, but letting go of things can be tough for me. This process is teaching me to trust my instincts more. I'm able to release things that no longer serve me to someone who will appreciate them more. I still struggle with overthinking things sometimes and I think that's driven by the fear of making mistakes. I can definitely see how tidying up can be life changing and that gives me the motivation to continue purging.

I have provided a link to Amazon if you're interested in purchasing the book. I'm an Amazon affiliate and make a very, very small commission if you use my link. This helps cover some of the costs of my blog.

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**Author**  
queenie

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