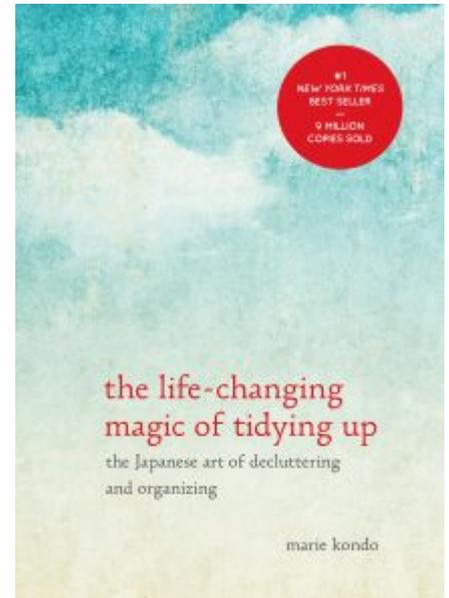


The Life Changing Magic Of Tidying Up Book Summary (PDF) by Marie Kondo

Ready to learn the most important takeaways from The Life-Changing Magic Of Tidying Up in less than two minutes? Keep reading!



Why This Book Matters:

The bestseller behind popular Netflix series, *Tidying Up with Marie Kondo*, this book has sparked a minimalist movement around the world.

Japanese organizing guru Marie Kondo teaches that decluttering your home of things that don't "spark joy" can help you achieve a healthier, happier, and more satisfying life.

Key Takeaways:

- 1. Visualize your dream life before beginning this process**
 1. You won't know what belongings bring the most value to your life if you don't know how you truly want to live.
 2. *Example: One of the author's clients envisioned a more feminine home. Once she knew the future she*

desired, she could remove any items that did not fit that image.

2. An organized home can improve the state of your body and mind

1. By removing objects that do not contribute to your wellbeing, you make room for the items that do and give yourself space to feel energized.
2. *Example: Many people report feeling uplifted and freer after decluttering their homes.*

3. Find clarity and drive for future pursuits by putting your past in order

1. Let go of everything that does not bring you closer to your dream, but allow yourself to rediscover old passions if they align with your current goals.
2. *Example: A client rediscovered old books on social welfare, which led to quitting her IT job to start a business in the field she was truly passionate about.*

4. Organize your home simply to maximize happiness

1. An organized room filled with only the essentials creates visual comfort that can make you feel more carefree.
2. *Example: Individuals who use the KonMari method of decluttering find it easier to make decisions, and with less stress.*

5. If you do it right, decluttering is a one-time occurrence with a lasting effect

1. The shift to minimalism can be overwhelming at first but will set you on the path of your new life unshackled from past baggage.
2. *Example: Many people clean one room at a time, taking years to declutter, which delays the satisfaction of simplifying their life.*

6. Let things go even if you find it difficult

1. Discard any item you are holding onto because of sentimental attachment if it has already served

its purpose.

2. *Example: Let go of greeting cards, old clothing, artwork, and old gifts that have sentimental value but no real use.*

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