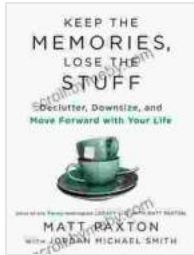


# Keep the Memories, Lose the Stuff: Your Guide to Meaningful Downsizing and Decluttering



## Keep the Memories, Lose the Stuff: Declutter, Downsize, and Move Forward with Your Life by Matt Paxton

★★★★☆ 4.6 out of 5

Language	: English
File size	: 1476 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 319 pages



## By Ellen Delap

Downsizing and decluttering can be a daunting task, but it doesn't have to be. With the right approach, you can let go of the things you don't need and create a more meaningful and organized life.

In her book, *Keep the Memories, Lose the Stuff*, professional organizer and certified life coach Ellen Delap shares her proven method for decluttering your home and your life. Delap's approach is based on the idea that we should keep the things that bring us joy and meaning, and let go of the things that don't. She provides a step-by-step guide to decluttering your home, from sorting through your belongings to finding new homes for the things you no longer need.

Delap also offers advice on how to deal with the emotional challenges of decluttering. She understands that letting go of our belongings can be difficult, but she provides practical tips for overcoming these challenges. She also offers guidance on how to create a more organized and meaningful life, once you've decluttered your home.

Whether you're downsizing to a smaller home, decluttering your current home, or simply looking to live a more organized and meaningful life, *Keep the Memories, Lose the Stuff* is the perfect guide for you. Delap's compassionate and practical approach will help you let go of the things you don't need and create a life that's truly yours.

**Here's what people are saying about *Keep the Memories, Lose the Stuff*:**



***“Ellen Delap's book is a must-read for anyone who wants to declutter their home and their life. Her approach is practical, compassionate, and inspiring. I highly recommend this book to anyone who is ready to make a change.” - Marie Kondo, author of The Life-Changing Magic of Tidying Up***



***“Keep the Memories, Lose the Stuff is a game-changer. Ellen Delap's method is easy to follow and incredibly effective. I've already decluttered my entire home and I feel so much lighter and more organized. Thank you, Ellen!” - Oprah Winfrey***



***“Ellen Delap is a master organizer and her book is a treasure trove of practical tips and advice. I've been using her method to declutter my home and I'm amazed at how much better I feel. This book is a must-have for anyone who wants to live a more organized and meaningful life.” - Martha Stewart***

**Free Download your copy of *Keep the Memories, Lose the Stuff* today!**

Available now on Our Book Library, Barnes & Noble, and IndieBound.

# KEEP THE MEMORIES, LOSE THE STUFF

Declutter, Downsize, and  
Move Forward with Your Life



Host of the Emmy-nominated LEGACY LIST WITH MATT PAXTON

MATT PAXTON

WITH JORDAN MICHAEL SMITH



## Keep the Memories, Lose the Stuff: Declutter, Downsize, and Move Forward with Your Life by Matt Paxton

★★★★☆ 4.6 out of 5

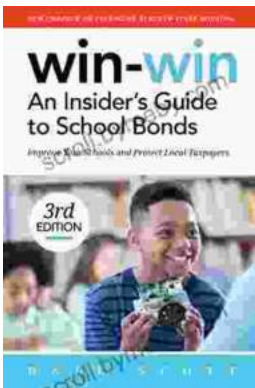
Language : English  
File size : 1476 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
X-Ray : Enabled

Word Wise : Enabled  
Print length : 319 pages



## Bob Bar: Tales From The Multiverse – A Literary Odyssey Through the Infinite Possibilities

Immerse Yourself in the Extraordinary: A Glimpse into Bob Bar's Multiversal Adventures Prepare to embark on an extraordinary literary...



## Unveiling the Secrets: An Insider Guide to School Bonds 3rd Edition

Unlock the Power of School Bonds for Transformational School District Success In the ever-evolving landscape of education, school districts face the constant...