

## Clutter clearing from the inside out

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I just found the book [clutter clearing from the inside out](#) by **Stephanie Roberts**. This is a a great book on clutter clearing - how to do it, and why it takes so much effort. Somethings it covers:

- Why it's **so hard to get started** with clutter-clearing, even when we *want* to do it
- Why we **can't seem to let go of certain things** , even when we don't really want to keep them
- Why clutter-clearing can **feel so exhausting**
- Why **making a simple "keep or toss" decision can feel impossible**
- Why it's **so difficult to keep clutter under control** once we've tackled it for the first time