

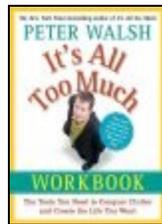
Scaling Down: Living Large in a Smaller Space

In Adult Non-Fiction
 Call#: 640 Culbertson
 A guide for individuals moving from a larger to a smaller space or consolidating two (or more) people's possessions into a single abode offers practical strategies for paring down one's belongings to the best and most meaningful items and dealing with the emotional aspects of "streamlining."



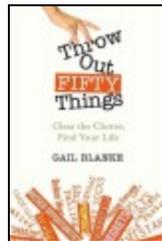
Organized Simplicity: The Clutter-Free Approach to Intentional Living

In Adult Non-Fiction
 Call#: 648.8 Oxenreider
 Simplicity isn't about what you give up. It's about what you gain. When you remove the things that don't matter to you, you are free to focus on only the things that are meaningful to you.



It's All Too Much Workbook: The Tools You Need to Conquer Clutter and Create the Life You Want

In Adult Non-Fiction
 Call#: 640 Walsh
 Designed with clear strategies and proven techniques for clearing out each room in your house and a plan for keeping your home clutter-free and organized, this workbook is the perfect next step in a lifetime commitment to creating your ideal life.



Throw Out Fifty Things: Clear the Clutter, Find Your Life

In Adult Non-Fiction
 Call#: 648.8 Blanke
 offers inspiring ways to clear away the debris of your life-both physical and mental-to help you find peace, energy and a better vision of who you are.



Stuff: Compulsive Hoarding and the



Meaning of Things

In Adult Non-Fiction
 Call#: 616.8522 Frost
 Whether we're savers, collectors, or compulsive cleaners, very few of us are in fact free of the impulses that drive hoarders to the extremes in which they live. For all of us with complicated relationships to our things, *Stuff* answers the question of what happens when our stuff starts to own us.

1000 Ideas for Creative Reuse: Remake, Restyle, Recycle, Renew

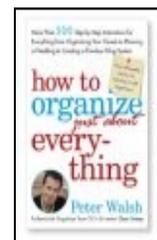
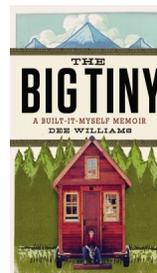
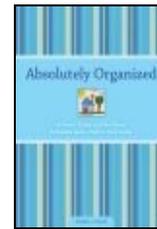
In Adult Non-Fiction
 Call#: 745.5 Johnson
 Artists and crafters have always been recyclers, but for many, it has not only become a thrifty choice, it has become a moral imperative.

Absolutely Organized: A Mom's Guide to a Non-Stress Schedule and Clutter-Free Home

In Adult Non-Fiction
 Call#: 648 Lillard
 Do you run non-stop but never feel like you accomplish anything? Feel stressed out at home? Dream about doing things that you never get around to doing? Wish you had extra hours in your day? Well, here's something even better!

Remake Restyle Reuse: Easy Ways to Transform Everyday Basics Into Inspired Design

In Adult Non-Fiction
 Call#: 747 Lucano
 Anyone can create 40 stunning, sophisticated home items, just like the ones in those high-end shops. Only the most basic craft skills are assumed, and everything is provided, including simple step-by-step directions, designs to trace or photocopy, and glowing photographs for instruction and inspiration.



The Art of Organizing Anything: Simple Principles for Organizing Your Home, Your Office, and Your Life

In Adult Non-Fiction
 Call#: 648.8 Maggio
 Maggio introduces an accessible organizing system you can tailor to meet your own specific needs. You'll learn how to put ten essential organizing principles into practice. Manage professional, personal, and family time; create and maintain an organized home. You'll even learn to organize your work space and office email!

The Big Tiny: A Built-It-Myself Memoir

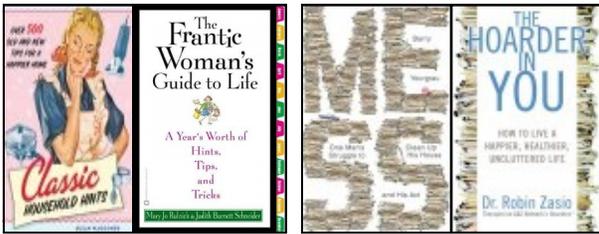
In Adult Non-Fiction
 Call#: 640.286 Williams
 The lessons Williams learned from her "aha" moment post-trauma apply to all of us, every day, regardless of whether or not we decide to discard all our worldly belongings. Part how-to, part personal memoir, *The Big Tiny* is an utterly seductive meditation on the benefits of slowing down, scaling back, and appreciating the truly important things in life.

How to Organize Just About Everything: More Than 500 Step-by-Step Instructions for Everything from Organizing Your Closets to Planning a Wedding To Creating A Flawless Filing System

In Adult Non-Fiction
 Call#: 640 Walsh
 Walsh presents this witty and enormously practical guide to getting it -- and keeping it -- all together. packed with shrewd advice and insider tips to make your home, your workplace -- indeed, every imaginable aspect of your life -- run more smoothly. Step-by-step solutions to help even the most organizationally challenged.

Classic Household Hints: Over 500 Old and New Tips for a Happier Home

In Adult Non-Fiction
 Call#: 640 Waggoner
 Classic Household Hints" returns to those lovely days of yesteryear to gather hundreds of time- and money-saving tips on all things "chez nous"-from cleaning and organizing your home to buying and



handling food.

The Frantic Woman's Guide to Life: a Year's Worth of Hints, Tips and Tricks

In Adult Non-Fiction
Call#: 640 Rulnick

Prescriptive, delightful, and packed with girlfriend-style advice that is right on the money, this funny yet practical, month-by-month guide helps busy women strike a balance between family, work, and home.

Mess: One Man's Struggle to Clean Up His House and His Act

In Adult (New) Non-Fiction
Call#: 616.85227 Yourgrau

The author draws on his experiences as a hoarder and an investigator to profile subjects from professional decluttering services and anti-hoarding therapy to the brain science behind hoarding and how it affects relationships.

The Hoarder In You: How to Live a Happier, Healthier, Uncluttered Life

In Adult Non-Fiction
Call#: 616.85227 Zasio

Dr. Zasio shares behind-the-scenes stories from the show, including some of the most serious cases of hoarding that she has encountered--and explains how we can learn from these extreme examples.

Coming Clean

In Adult Non-Fiction
Call#: B Miller

The writer and actress explore her childhood and youth, which was largely defined by her father's struggle with hoarding.

After a While You Just Get Used To It: a Tale of Family Clutter

In Adult (New) Biography

Call#: B Knapp

Growing up in a dying breed of eccentric Florida crackers, Knapp thought she had it rough--what with her pack rat mother, Margie; her aunt Susie, who has fewer teeth than prison stays; and Margie's bipolar boyfriend, John. But not long after Knapp moves to New Orleans, Margie packs up her House of Hoarders and follows along

Recover to Live: Kick Any Habit, Manage Any Addiction: Your Self-Treatment Guide to Alcohol, Drugs, Eating Disorders, Gambling, Hoarding, Smoking, Sex and Porn

In Adult Non-Fiction
Call#: 362.29

More than 100 of the world's top experts interviewed by [Christopher Kennedy] Lawford share their research and wisdom on how to determine if your bad habit is becoming a dependency through self-assessments and symptom lists and how to determine which treatments will work best for you.

Websites:

<http://www.hoarders.org/ws.html>
<http://www.hoarders.com/>

Tualatin Library DeClutter Program Tuesday, January 19, 6:30 P.M.

STUFF-i-ca-tion: *noun* – Condition caused by objects crammed and stored at home or office. Impedes energy flow; leads to imbalance and general discontent of self.

<http://aclearplace.com/stuff-ication/>

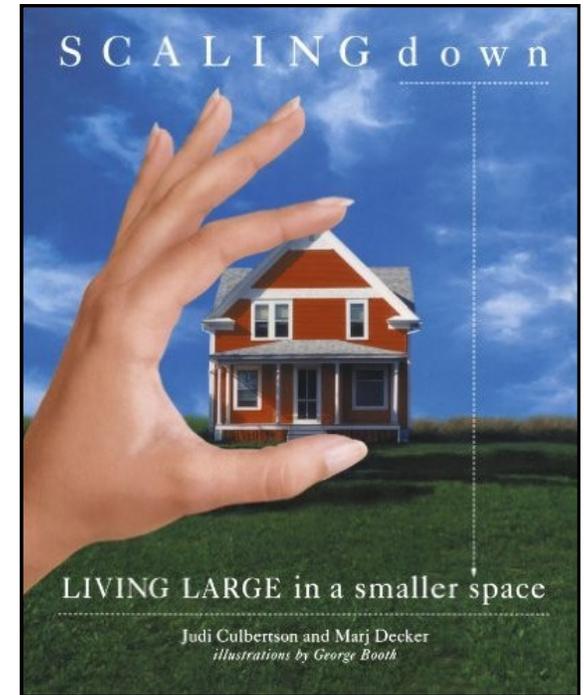


Tualatin Public Library
Community Services Dept.
18878 SW Martinazzi Ave.
Tualatin, OR 97062
503-691-3074
www.tualatinoregon.gov/library



Washington County
Cooperative Library Services

CREATING YOUR PERFECT SPACE



"If your "stuff" is dictating where and how you live, it's time to find a better way.

Don't wait until a health or money crisis hits you or a loved one, start TODAY to get clear. It really IS doable. A Clear Place is here to help show you how. Practical steps for every situation."

Jane Green from www.aclearplace.com

We can help find your next favorite book!
<http://wccls.org/goodreading>