

# The Home Decluttering Diet: Organize Your Way To A Clean And Lean House



## Synopsis

Put Your House on a Diet for Long-Term Results If you're sick of the clutter around your home and can't find any organization systems that work for you, it's time to put your house on a diet. Starting with a 30-day home detox to quickly shed some of that excess weight, you will gain the confidence, motivation and skills needed to create your ideal healthy home. With the option to pick and choose projects based on your specific goals, you will learn to change your bad habits and transform your house into the happier, more organized and inspired home that you desire. This comprehensive, step-by-step guide shows you how to organize your home month-by-month and room-by-room to achieve and maintain a lasting, clutter-free lifestyle. Drawing on experiences in her own home, Jennifer Lifford developed these distinct and effective techniques that do more than just declutter – you will learn how to change your habits for good without feeling overwhelmed or stressed. Simply follow the exercises in the plans such as Shedding the Pounds and Building Strength to develop the techniques needed for permanent clutter loss and a forever organized home. The Home Decluttering Diet is complete with organization guides, checklists, tips for getting the whole family involved and simple DIYs to provide you with practical storage solutions that are easily maintainable. Create the lifestyle you want and get your home and belongings in tip-top shape today!

## Book Information

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## Customer Reviews

Jennifer Lifford is the owner and creator of the lifestyle blog Clean and Scentsible, where she shares home organization and easy DIY projects, cleaning tips and home decor ideas. Her

organization and cleaning tips have been featured in Better Homes and Gardens and HGTV magazines as well as numerous online publications. She lives in Mission, British Columbia, with her husband and two boys.

Jennifer Lifford has done an outstanding job on this book. She has a 30 day detox diet for your home as well as checklists, step by step instructions for each room in your home and some DIY's. There are also many beautiful, clear pictures in this book. What is not clear is the INK (too light) and the FONT. It's a dang shame because it is obvious she has worked so hard on this book. Author, 5 stars. Publisher, 0.

Just recently purchased this book and am so glad I did! The first few chapters are full of great tips on how to get started and the 30 day detox will get me off on the right foot. Then I will concentrate on the areas in my home that need the most work using each of the room chapters as a guide. The instructions for the projects that are contained in the book are detailed and very clear. As indicated by the author, the decluttering and organizing will take some time, but I am looking forward to completing each area of my home and then, most importantly, maintaining that organization.

The content seems good, but for a manual I'm supposed to refer to frequently and look at often, it seems rather thoughtless to me for the book to be printed in migraine font. Not very easy to read.

A+++

Great motivation.

I just received my book yesterday and I am excited to find some inspiration in getting my home decluttered. I do have one negative observation....the font in this book is terrible. It really should've been bolder and larger. It's almost impossible to read.

Terrible choice of font - too small, too fuzzy, too light. Is this a pay-to-print book? I find it hard to believe a professional book publishing house would ever agree to use this choice of font. Very disappointed. I am also disappointed that so few credits are given to pictured items - there are some clever storage units depicted - yet pages are wasted on how to line a drawer with shelf-liner. Finally, unlike *Banish Clutter Forever: How the Toothbrush Principle Will Change Your Life*, this book is

short on practical tips on where and how to store everyday items.

Love this book-it's SO comprehensive! And what I didn't realize before reading it is that it's about more than just a one time cleaning, but about a long term solution that you can maintain!

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