

PRESS RELEASE

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'Love your home & love your clutter if you want to clear it for good' recommends one de-cluttering expert.

If your spare room is full to bursting with junk, bric-a-brac and clutter, then you might want to take the advice of Expert Clutter Coach Clare Baker. She says that if we really want to learn how to clear the clutter for good, we need to learn to love our homes AND our clutter.

The 37 year-old runs www.clutterclearing.net , a consultancy specialising in coaching people in the art of 'how' to de-clutter quickly, easily and without making decisions that you'll later regret.

'The reason I advise people to love their home, even if it's full of clutter, is simple' explains Clare Baker, founder of www.clutterclearing.net

Many people tell me that their biggest problem is making the decisions about what to keep and what not to keep in their clutter, often because it's all sentimental, things they've loved and used in the past, or things they'd like to love and use in the future.

However, just as there's a difference between being IN love and loving someone, it's the same with our clutter. If you have that heady, exciting, fluttering feeling, if you're thinking about it and can barely go for a day without using or appreciating it, then you're IN love with your clutter and should keep it.

If, on the other hand, you only remember you've got that item when you see it, you remember the feeling you had when you used it or appreciated it in the past, and can go for a month or two without using or appreciating it, then you love that item but are not IN love with it and you need to use more logic and reason when deciding what to do with it. Ask yourself: if I let this go, can someone be IN love with this rather than just loving it as I do? Clutter is usually items that we love as opposed to being IN love with – that's why it's accumulated in the first place.

Clare's 5 top tips for anyone who is struggling to decide whether they're IN love with their clutter or simply love it are:

1. Remember - be REALISTIC in your decision making, not ruthless.
2. If you haven't seen – or felt the need to see – the item for the last 3 months, then you're not IN love with it, so LET IT GO.
3. If you are IN love with the item, see how many other IN love things you have and be REALISTIC about how much of it you can realistically keep given how much space you have in your home.
4. Are you really IN love with it if it's not being used?
5. Just as you may love and lose a person, you can love and let go of your items. Letting go often means you love it more because you want someone else to love it as much as you did.

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For interviews with Clare Baker, contact Clare Baker on 01295 275030 or 0777 5897955 or email: clare@cdc-uk.net

About clutterclearing.net

clutterclearing.net is a coaching business that coaches and supports people at a Practical Level to Achieve a Permanently Clutter Free and Organised Home.

www.clutterclearing.net has it's head offices in Banbury, North Oxfordshire.

It was set up 9 years ago to help people who wanted help to de-clutter and get organised without having someone else do it for them. Clare Baker set up the business as a result of having her own Clutter Challenge and realising she wanted to learn the skill for life, rather than becoming dependent on someone else to make the decisions for her about what was of value or not in her belongings.

Clutterclearing.net covers the whole of the UK – and also has clients across the world who have telephone coaching thanks to skype.com.

Products and Services are designed to help anyone wherever they live, whatever their budget and include: Free Top Tips, FREE Storage advice, eBooks, Audio Guides, DIY Kits, one day workshops, Virtual Success Clubs, Telephone Coaching, Help in your Home.

Visit www.clutterclearing.net for more information.

READER OFFERS & COMPETITION PRIZES OF FREE CLUTTER CLEARING SUCCESS CLUB MEMBERSHIP (WORTH OVER £195) AVAILABLE. Contact clare@cdc-uk.net (01295 275030).