



STUFFology 101: Get Your Mind Out of the Clutter

Brenda Avadian , Eric M. Riddle

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STUFFology 101 is for those us who want to get the clutter out of our lives without being featured on reality TV. We can still use our bathroom, bedroom, and kitchen, but we harbor secrets. 1. Do you race around to pick up piles when someone's at the door? 2. Do you close the door to hide your stuff in the spare room? 3. Do you still have boxes to unpack from your last move a dozen years ago? 4. Are you unable to focus because your mind is so frazzled? STUFFologists Brenda Avadian and Eric Riddle share four decades of experience dealing with STUFF-uhh, clutter. Inside STUFFology 101, you'll find FUN and FLEXIBLE approaches to get your mind out of what YOU DEFINE as CLUTTER. Funny, serious, and humbling stories are woven with tips to help you clear the toxic clutter out of your life. BRENDA AVADIAN, MA author of nine books, was raised by a mother who could not say no to a free offer and a father who had "spare parts for everything." She broke the clutter cycle in her own life by learning to let go. "It's mine!" ERIC RIDDLE would say while holding onto his children's stuff for many years. Once he defined his clutter, he discovered that getting his mind out of the clutter is an ongoing process. At the end of your life, what will matter most - -THINGS or PEOPLE? Are you ready to manage the STUFF in your life? STUFFology 101: Get Your Mind Out of the Clutter STUFFology101.com A fun, user-friendly, and effective look at what's collecting in your life ... offers a pathway to freedom from the physical, virtual, and mental STUFF weighing you down. -- Carol Peters, MD, DMin, Host, Dr. Carol Show Like the occasional great teachers we had in school, Brenda and Eric inspired me to think, feel, reflect and, above all, act. STUFFology 101 offers a gentle escape from the prison of "more." --Patrick Arbore, EdD, Program Director, Institute on Aging

STUFFology 101: Get Your Mind Out of the Clutter Details

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From Reader Review STUFFology 101: Get Your Mind Out of the Clutter for online ebook

Rachel says

#readharder4

Victoria says

Reads like a conversation. A simple dialogue about the anxiety-inducing effects of clutter and, conversely, the freeing effects of minimalism. Great for those looking to truly de-clutter for the first time, or those - like me - who have been doing it for years and enjoy re-visiting relevant literature to get a "boost" of inspiration.

Kristin says

I grabbed this book because it was short and I wanted something quick, but it was so bad that it was taking forever to read.

ms bookjunkie says

Book: Light, easy to listen to, a how-to about dealing with clutter. Also short, so I'll probably listen to it again when I need a kick in the butt about my own clutter. 3 stars

Narration: Pleasant on the ear. 3.5-4 stars

Mel says

This book mentions the difference between OCD and hoarding and I think this book is about helping hoarders. The psychology of both intrigues me.

Some clutter sections to tackle: physical, mental, temporal, and sensory clutter.

Stats: 1.5 million Americans have so much "stuff" they cannot use their kitchens/bathrooms/bedrooms as they're intended. Another stat was given for how many people have storage units.

Do you have a storage unit?

Can you park your car in your garage?

Two questions to ask while cleaning/decluttering

#1 If I lost this item in a disaster, would I take the time to replace it?

#2 What would the area feel like, sound like, smell like (? ew) if you cleaned out the clutter.

There were some interesting stories and suggestions. I think the female author is a hoarder. (her father sounds like he was). What I didn't appreciate about the book was the soap box suggestion of thoroughly, with

extreme precision, (like the author, because apparently that is her OCD; even though OCD and hoarding are different, there are or can be connections/overlap), but I digress. To go through a deceased members items with a fine tooth comb before donating, so as not to accidentally give away a gun. Because a man who worked at a donation store played with a gun (he supposedly thought was a toy), and shot/killed himself. Okay, the real moral of that story is: don't be a fool and play with guns. duh.

#1 If I bought this book, I would donate it; without going through it with a fine tooth comb to see if there were any papers (or a gun, snark), in between the pages. (gasp!)

Overall the book was entertaining, but I could have been reading/listening to something better.

Mary says

Two main points. Would you spend the time/money to replace it if lost? What would the area look like if the clutter was gone?

Jami says

The information provided was pretty basic. Maybe I'm not the intended target audience, as I didn't have a lot of clutter issues at the time I read this book. It may be more useful for someone who needs the motivation to get started to de-clutter. I did enjoy learning about the mental, temporal and digital clutter in addition to the traditional "physical clutter" concept. The chapters are short and easy to listen to, but I'm not sure how I felt about the authors marketing their product at the end. I did realize that my main clutter issues are my unread audible books that I sometimes stress about getting to and my ever expanding Goodreads tbr list; I related well to the authors' discussion on not being able to get to current books because they are catching up on the older unread ones!

Larry Bassett says

If you think that you have a problem with too much stuff, this book might be interesting but I'm not sure it would be too helpful. You might better spend your time getting rid of some stuff rather than reading this book. I have moved a few times and help clear out my parents Home of many decades. So I have had some experience with stuff and gotten rid of a lot of it while still ending up with quite a bit regardless. But I did not find much inside in this book. It seems obvious to me that to sort through stuff you have to just start and work at it bit by bit.

Katie says

This is a short and sweet investigation into why we collect stuff and how to dig out from under it. The authors are humorous and practical. They don't give you lots of ideas for working with stuff, but they definitely give you a few very good ones to help you think through what to keep, what to get rid of and how to get started.

I listened to the audio version which was very well narrated.

Yvonne deSousa says

When I came across Stuffology 101 by Brenda Avadian and Eric Riddle I doubted I would find it helpful. I tend towards minimalist sensibilities and cringe just at the commercials for the popular hoarder shows. But I was surprised to find that the book addressed my hidden "stuff" weak spots, computer files and paperwork. Interesting as I vowed in the New Year I would sort and discard unnecessary items in my file cabinet so I can clean off the table that is near my desk that holds the stuff that my desk is too stuffed with to hold. And don't even get me started on how many times I've needed a photo that is somewhere in my computer but I just got too tired searching for it to use it.

Stuffology 101 is an easy read that has provided me with the motivation to clear my desk, my computer, my file cabinet and my brain. Yes, I am overwhelmed thinking about the task. But thanks to this book, I have the goals, the tools, and the process to get started.

I Love Audiobooks says

The authors give many personal anecdotes about having too much stuff - but they don't give you much solid, practical advice. It's very preachy. The narration is terrible too - switching between two narrators who have very different styles - although Lloyd James does have a great voice, and I would gladly listen to anything he narrated. Susan Boyce sounded very robotic.

Ray Campbell says

I'm on a self help/management kick. I enjoyed this book. It was nicely written with lots of anecdotes that illustrate principals. In this way, one is left with resolve to "get out of the clutter". In other words, rather than a preachy book full of directives and lists, the author creates an experience that leaves the reader with ideas and encouragement. So, if your life is a mess, this is a helpful read. If you are looking for a step by step, this isn't it.

Jen says

This audiobook is less than 3 hours long. I couldn't get through it because it was so poorly written. I also felt a lot of inherent distrust for someone who's supposedly an expert on decluttering stating that it's okay to hang on to clothes you haven't worn in 25 years. The book reads a bit like a couples' therapy essay from some hoarders gradually working through their problems. One problem they didn't work through was the alternating use of first and third person.

If you need some cleaning inspiration, head over to unfuckyourhabitat.com. It's much more concise (while also being more in depth!), free, and helped my get my condo at a level where I don't have to rush around tidying if people show up unannounced.

Eric Riddle says

STUFFology 101 will help you see how clutter impacts your life. It provides simple tools to remove STUFF in your life that is holding you back.

As co-author of the book, I am obviously biased in favor of STUFFology 101. I have read (and listened) to the book again many times. For me clutter removal is a process not an event. The book helps me avoid letting too much STUFF into my life.

I take the time to process the feedback (both positive and negative) from the reviews posted on Goodreads, Amazon, Audible, and elsewhere. I continue to learn from readers about clutter through their perspective on the book.

Co-author Brenda Avadian often says that the comments from one person represent the views of many people. I invite you to share your perspective in a review of the book.

Learn fun and flexible approaches to declutter with STUFFology 101: Get Your Mind Out of the Clutter. Pick up your copy today!

Cee says

Borrowed from overdrive.

I liked Marie Kondo's book more. But thought this book had merit. True, different people define clutter differently and often grow immune to what they see around them daily. It's probably survival -- or we would be so overwhelmed by input we'd never see the Siberian tiger stalking toward us. Because we'd be focusing on each leaf in the forest.

I liked that there was a section at the end on how to help someone else deal with defining and dealing with their own clutter. Presumably this is geared towards helping parents but for me, I would not want someone giving me their newest self help book with things they've found helpful highlighted.
