



Take the U out of Clutter

Mark Brunetz, Carmen Renee Berry

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The host of Style Network's #1 rated show and a renowned life coach and *New York Times* bestselling author team up to teach people how to *permanently* de-clutter their homes.

Does this sound familiar?

"I've had that since I was a kid; it holds so many memories."


"How can I give this away? It was my grandmother's."

"But what if I need this eventually? You never know..."

Mark Brunetz, host of Style Network's *Clean House*, and life coach and bestselling author Carmen Renee Berry share a simple yet breakthrough understanding of clutter and how to conquer it.

The source of clutter is the stories, beliefs, and emotions attached to objects. If readers learn to change their attachment to clutter they'll be able to clear away their mess. Each chapter includes stepby-step instructions, inspiring success stories, and exercises. The result will be a personally meaningful makeover-a new method to align the person the reader wants to be with the home the reader wants to have.

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