

## BOOK REVIEW

*Stop Clutter from Stealing your Life:  
Discover why you Clutter and how you can STOP*  
By Mike Nelson, Published by New Page Books, copyright 2001

Mike Nelson, an author and lecturer, is also a self-professed clutterer. He finally overcame his own cluttering after losing a job and two relationships. Mr. Nelson tells us about his own life along with anecdotes of other hoarders. He discusses the psychological and emotional aspects of holding on to too much stuff, as well as methods for overcoming this problem.

Chapter 3: *Common Clutterer Traits* lists 12 reasons for hoarding and presents ways to work through the maze. Quoting from Katherine Ponder, "The vacuum law of prosperity is one of the most powerful though it takes bold faith to put it into operation....If you want great good, greater prosperity in your life, start forming a vacuum to receive it. In other words: **get rid of what you don't want to make room for what you do want.**"

Mike Nelson's book covers the complete variety of topics associated with being cluttered and disorganized. It is clearly written and inspiring.