

## BOOK REVIEW

### It's All Too Much

By Peter Walsh, published by Free Press, 2007

Peter Walsh, from the TV series *Clean Sweep*, knows about clutter. This book presents clear plans for dealing with clutter in every room in your home.

Some quotes from his Introduction, while not new ideas, do present the dilemma that many people are facing today.

"...we realize that happiness and success might not be measured by more material things. That having more possessions may be more **suffocating** than liberating. A larger house, better car, and more 'stuff' come with no guarantee of greater happiness."

In fact, it seems that MORE STUFF causes many and deep problems: "...many are now seeing that this need to own so much comes with a heavy price: Kids so overstimulated by the sheer volume of stuff in their home that they lose the ability to concentrate and focus. Financial strain caused by misplaced bills or over purchasing. Constant fighting because neither partner is prepared to let go of their possessions."

Walsh presents a "room function chart" as the method for dealing with clutter, purging and finally, making your space more useful and comfortable.

The title reflects how many of us feel all the time, and all of us feel some of the time. The content is practical and encouraging.