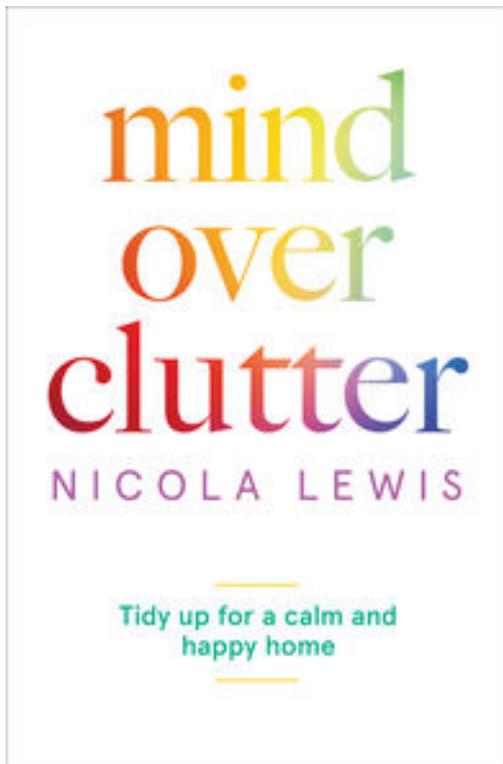


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Mind Over Clutter download or read online Nicola Lewis PDF gratuito per e-book / ePub / Mobi / Mp3 / Txt, The ultimate guide to decluttering your home in a fun, sustainable and meaningful way.

Are you drowning in clutter? Do you dread opening your cupboards because of the mess that awaits inside? Are you ready to sort out your house for good and discover a happier, calmer you?

If you've tried and struggled with Marie Kondo's *The Life-Changing Magic of Tidying Up* or Dana K. White's *Decluttering at the Speed of Life*, Nicola Lewis can help you finally achieve the tidy, clean and healthy home you've always wanted.

In this book, Nicola will arm you with the tools you need to clean and clear your home. With a step-by-step, room-by-room plan to get rid of clutter, recipes for natural, eco-friendly cleaning products and tips on upcycling your household items,

housework and organising have never been this easy! From your makeup bag to your 'hoarders' garage, your home will be spick, span and sparkling.

Sections of the book include:

Nicola's Journey

Tidy Home, Tidy Mind

How to Declutter: Room by Room

Eco-cleaning Your Home

Upcycling and Donating

Decluttering to Go

Nicola sprinkles magic wherever she goes and she has seen first-hand how decluttering and tidying your home can help transform your mind, bringing you new-found confidence and happiness. Filled with helpful tips and tricks, actionable insights and positive affirmations, this is the perfect book to refer to whenever you need help to tidy your life.

Reviews

'I'm a big fan of decluttering myself as I really believe it helps tidy the mind. I think what Nicola is doing is truly fantastic and her Instagram brightens up my day.'

-Katie Piper

'TGCO is like having my very own Mary Poppins. She organises the chaos that enters my home on a daily basis and sprinkles her magic making everything calm and tidy. She's changed my life...'

-Gemma Collins

Mind Over Clutter download or read online Nicola Lewis PDF gratuito per e-book / ePub / Mobi / Mp3 / Txt, The ultimate guide to decluttering your home in a fun, sustainable and meaningful way. Are you drowning in clutter? Do you dread opening your cupboards? After I got sober, I realised that my house was in a state of barely organised chaos because. It felt like The Old Curiosity Shop. Nicola came round and with the magic that is her mind, reorganised the space I live in - making it look like the easiest thing in the world. Now my home actually relaxes me. I feel like Nicola has got the best out of it...and that as a result, it gets the best out of me.'

-Bryony Gordon

'Nicola is my superhero, not all heroes wear capes.'

-Ferne McCann

About the author

Nicola Lewis is the creator of This Girl Can Organise. After being made redundant from her job in the city, Nicola decided to follow her passion and now runs her own decluttering business and shares her tips and tricks on her popular Instagram account. Her life mission is spreading kindness, having fun and being sustainable while creating an organised home and mind.

Nicola lives in Essex with her husband and two daughters.

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