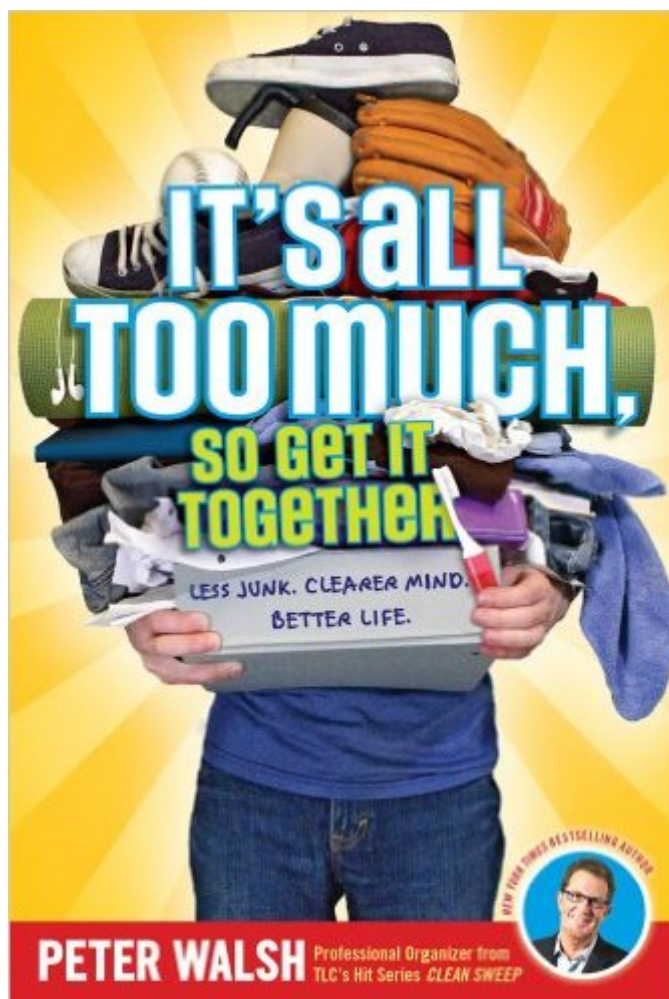


The book was found

It's All Too Much, So Get It Together



Synopsis

Peter Walsh has helped thousands of adults clear mental and physical clutter from their lives, and now he's turning his focus to the unique issues teens face. The stresses of making important decisions and controlling personal finances for the first time can be overwhelming—but a little de-cluttering can go a long way. Walsh helps readers identify problem areas and outlines unique steps to streamline the process of clearing out the clutter and addressing everything from dealing with family to evaluating goals. At a time when teens are under more pressure than ever, this is the go-to guide for getting it all under control—and getting ahead!

Book Information

Paperback: 288 pages

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Product Dimensions: 5.5 x 0.6 x 8.2 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars— See all reviews— (17 customer reviews)

Best Sellers Rank: #635,840 in Books (See Top 100 in Books) #46 in Books > Teens > Personal Health > Body, Mind & Spirit #63 in Books > Children's Books > Geography & Cultures > Where We Live > House & Home #148 in Books > Crafts, Hobbies & Home > Home Improvement & Design > How-to & Home Improvements > Green Housecleaning

Age Range: 12 and up

Grade Level: 7 and up

Customer Reviews

I love Peter's *It's All Too Much: An Easy Plan for Living a Richer Life with Less Stuff* and his *It's All Too Much Workbook: The Tools You Need to Conquer Clutter and Create the Life You Want* as well, and just purchased this edition for a teen in my family. It's pretty much all the same principles you'll find in his other books of the same name, but written to the teen audience. If you love Peter's books, this will likely be a good match for that teen in your life. He takes the reader step by step through envisioning the life you want for yourself and assessing if the stuff you have is really a part of that, runs through common excuses for keeping too much stuff, and addresses specifics of various SWYKS (Spaces Where You Keep Your Stuff: bedroom, locker, car/trunk, backpack, etc.)

rather than the typical "room" arrangement of his other books. The great thing about Peter's philosophy, like his other "It's All Too Much" book, is that he deals with moving toward the life you want and letting the rest just fall away; it's not about organizing your clutter... although the person who follows his steps will no doubt have a much simpler, more organized and focused life. Some features include a number of chapters that begin with a 3-4 page glimpse into the clutter problems of various pretend teens ("Heather McHavoc" and "Caleb Clutterberg" and so on) and conclude with "chapter summary" and "what comes next" blurbs; he walks the reader through making a space function chart; includes specific examples that will resonate with teens; and also bulleted lists, self-assessment quizzes, and little drawings (single color) are sprinkled throughout. Peter's writing style is pleasantly conversational, as you'd expect. I might also add that I was surprised by the high quality of the book: while it is paperback, it has a nicer binding and feels a bit heavier than you'd expect for a PB as the pages are of a thicker quality. The only potentially negative thing I have to say about this book is that Peter does use the word "crap" a lot in the book. Now, this may be a nicer word than may pop into a teen's mind when looking at all the stuff in his/her bedroom, and I doubt it would be a problem for most readers, but I still thought it worth mentioning. (Example from page 157: "However, this process isn't just about making things look pretty, but about purging the crap out of your life so there's more room for what's really important.") At this point, does not have a "look inside" feature on this so I'll go ahead and list the chapters in hopes that it may help you with your decision:

Introduction (pg1)
PART 1: LET'S TALK ABOUT THE CLUTTER
 Chapter 1 - Getting Started (p21)
 Chapter 2 - Internal Clutter (p37)
 Chapter 3 - External Clutter (a.k.a. Stuff!) (p55)
 Chapter 4 - The Most Important Question When It Comes to Your Clutter (p73)
 Chapter 5 - Reimagine the SWYKS (p85)
 Chapter 6 - Taking Stock (p95)
 Chapter 7 - Hurdles! (p111)
 Chapter 8 - Your Clutter and the People in Your Life (p141)
PART 2: A STEP-BY-STEP GUIDE TO DECLUTTERING YOUR SPACE
 Chapter 9 - Kick Start (161)
 Chapter 10 - Hash it Out (175)
 Chapter 11 - Conquer the SWYKS (187)
 Chapter 12 - Keep It Up! (215)
PART 3: APPLYING THESE SKILLS TO THE REST OF YOUR LIFE
 Chapter 13 - Your Everyday Life (225)
 Chapter 14 - Your School Life (243)
 Chapter 15 - Your Family Life (253)
 Chapter 16 - Your Future Life (265)
 Conclusion (p275)

The New Year is almost upon us, and the time to make resolutions has come. If one of your goals is to get organized, this could be the exact book you need. Peter Walsh has created a great resource for teens who need to get organized. It's a quick read, and it's done in a way that's actually pretty fun. The book includes quizzes and stories, plus a bunch of drawings to keep things interesting. **IT'S ALL TOO MUCH, SO GET IT TOGETHER** is practical, as well. This book is very thorough. The first

part of the book was particularly helpful because it helps explain why clutter exists in the first place. The explanation made a lot of sense. Prior to this book, I had never really given much thought to why clutter exists. The middle portion focuses on how to get rid of all the clutter. The writing style is pretty hopeful but also realistic, which is something I appreciated a lot. The final portion of the book shows how de-cluttering can affect your life, as well as how to get your family involved. I walked away from this book with plenty of things to keep in mind as I begin my own de-cluttering process. Perhaps the most important thought is that my life is going on right now. Not when I graduate high school and finish college but now. And it's my job to make the most of it. Reviewed by: Melanie Foust

This offering from Peter Walsh lives up to the quality of his books for adults. Mr. Walsh "gets" the teen life and offers quizzes and other fun ways for teens to use the text. This is a lot less preach-y than most of the books out there for teens, such as those written by Dr. Phil's son. Peter Walsh's book is down-to-earth, pragmatic and practical. It helps teens understand themselves, their motivations and to discern their life goals. However, it does this through straightforward prose in a fun way, so that teens are not bored reading the text itself. My son loved the book and gained a lot from it. He learned about himself and gained a wider perspective of his life. My daughter is reading it now, and she needs it more than he does, and she enjoys the format and the way this book is written. BUY THIS BOOK! It is valuable beyond just organization! It offers "life advice" without preaching it.

I have a collection of books on decluttering and felt there wasn't much new on the topic. However, based on the positive reviews and because I live in too much clutter, I ordered a copy of "It's All Too Much" and found inspiration. No how-to book is ideal for everyone, but books about "stuff" and how to get rid of it sell well for a reason: many of us are cursed with clutter, and the hope of finding a cure for the problem inspires us to seek new ways to get it out of our lives. We seem to need both a pep talk and a game plan, and Peter Walsh provides both. I found the book an easy read that presents new ways to think about possessions and describes exactly how to get rid of the excess. I recognized myself on many--way too many--pages. The description of a paper-strewn home office sounded exactly like mine, so right then I was sold on the possibilities that Walsh presents. While many of the examples he describes don't apply to me, there was enough new information to make the book worthwhile. I've already made headway by going through the house and tossing things I haven't used since I moved in 10 years ago, and, as Walsh promises, I haven't missed anything yet.

I gave the book four stars rather than five because some of the charts and lists were impractical or not applicable to my situation, but overall the book was a useful and inspiring guide for getting extra stuff out the door. I call that a win.

This would help those who are in a real muddle in their house - it lists the tasks room by room and even bookcases and cupboards. It would help those with children particularly and it suggests ways of getting rid of stuff. If you follow the advice you would clear your surplus stuff stuff efficiently. But it may take a while!

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