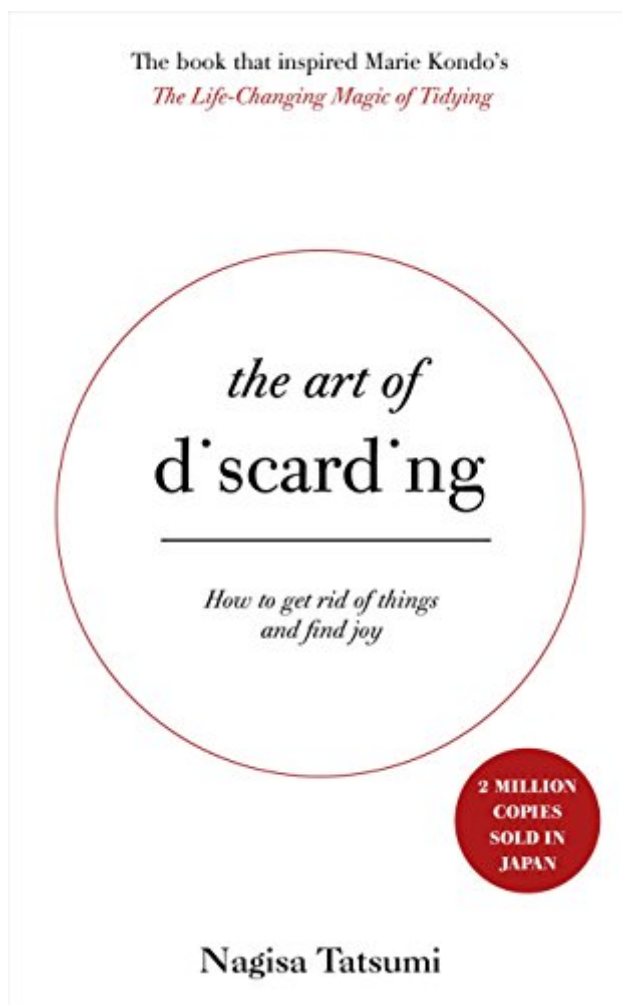


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The Art Of Discarding: How To Get Rid Of Clutter And Find Joy



Synopsis

It's time to live with less.'This book completely opened my eyes to reorganisation' - Marie Kondo'This book is a compelling read because of its many vivid descriptions of the psychological snags that make people reluctant to discard things' New York TimesIn the beginning there wasThe Art of Discarding: the life-changing book that started the tidying revolution.In this guide to living a calmer, more ordered life, author Nagisa Tatsumi teaches us how letting go of unwanted things will transform our day-to-day happiness. The book offers practical advice and techniques to help readers learn to let go of stuff that is holding them back, as well as tips for acquiring less in the first place.By learning the art of discarding you will gain space, free yourself from 'accumulation syndrome' and find new joy and purpose in your clutter-free life.

Book Information

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Customer Reviews

This is the book that inspired Marie Kondo to write "The Life-Changing Magic of Tidying Up." I really needed this book. I have too much stuff. I wasn't allowing myself to discard things I don't use or need. My dad was a child of the Great Depression. We were taught that we don't waste things. That's a hard habit to break.This wonderful book gave me the permission I needed to move past

that feeling of shame for thinking discarding unneeded items was a terrible waste. I just threw away 400 items. This is just the beginning of my new life. I feel a sense of liberation and I daresay, joy. Bring that dumpster over here!

Great book. I loved Mari Kondo's *The Life Changing Magic of Tidying Up*, and was very excited to read one of the books that inspired her. I found that *The Art of Discarding* was a little less extreme than *The Life Changing Magic of Tidying Up*, but loved it nonetheless. Great read, especially if you feel the Spring cleaning bug coming on.

I've read both of Marie Kondo's books and Sasaki Fumio's *'Goodbye, Things'* and out of the three, I enjoyed Nagisa Tatsumi's the best. Those who read it today might find it a bit outdated because it was originally written in the 2000s. If you've read any of the other "minimalist" books, you probably don't need to read another, but if you're deciding between which of the three Japanese minimalist authors to read, I can suggest why you should pick this one since all of them are intended towards different readers. They all more-or-less give similar tips. Tatsumi's book has a sense of humor. One of my favorite lines comes from chapter three where she opens "Little girls dream that some day a prince will come along - but that day is never likely to arrive. And before she knows it, the little girl is a middle-aged woman.." (the chapter is about how "sometime" never comes). I enjoyed her humor though I'm sure some probably don't. But another thing helpful about this book is she lists out different organizing situations and then how to solve the problem. They're all quite fun and humorous, too, but if you're not aware of Japanese culture, some of the situations pointed out might not be that clear and some of the examples are dated because it was written in the 2000s. Overall, it's a fun read about how you can declutter, but while there may be a tip or two that's new, if you've read other minimizing books, you probably won't find this book helpful. If you want another take on how to minimize or haven't read any, this book is a good start if you keep in mind when it was written and that the intended audience was likely Japanese housewives or Japanese OLs (office ladies).

Within 48 hours of reading this book I had at least 15 bags of junk/trash set out for the garbage man. I highly recommend this book. Very simple and straight to the point.

Excellent book. Doesn't try to be more than it is. Offers a variety of approaches to discarding. And inspires you to get started and keep at it.

Brilliant philosophy of discarding & cleaning up your house & mind.

Overall I liked this book, but I felt it had some shortcomings. Perhaps this is due to a loss of meaning in translation. The main shortcoming was some contradictory advice. In one chapter we are told to throw things out without looking at them. Shortly thereafter we are told to examine items before tossing them. Not a lot of context was provided. I can see how both techniques could work, but I found the presentation abrupt.

Thus book helped give many discussions that can use with my husband to help make minimizing a less arginous and painful task. This will help me to get him onboard. I also like hearing everything doesn't have to be recycled.

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