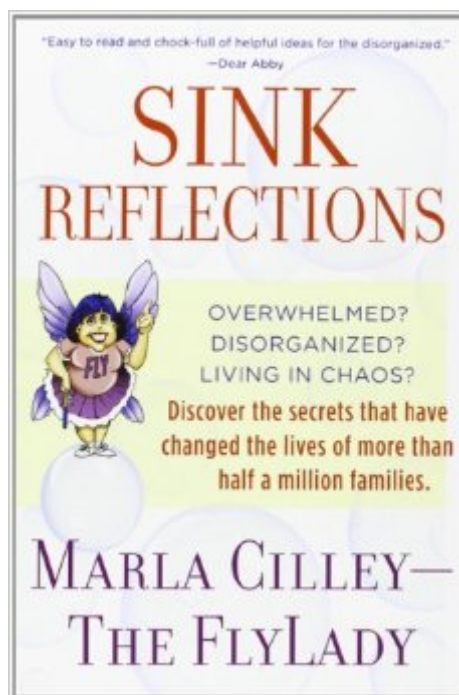


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# **Sink Reflections: Overwhelmed? Disorganized? Living In Chaos? Discover The Secrets That Have Changed The Lives Of More Than Half A Million Families...**



## Synopsis

Fly Out of CHAOS (Can't Have Anyone Over Syndrome) Into Order "One Baby Step at a Time With her special blend of housecleaning tips, humor, and musings about daily life, Marla Cilley, a.k.a. The FlyLady, shows you how to manage clutter and chaos and get your home "and your life "in order. Drawn from the lessons and tools used in her popular mentoring program, the FlyLady system helps you create doable housekeeping routines and break down overwhelming chores into manageable missions that will restore peace to your home "and your psyche. Soon you'll be able to greet guests without fear, find your keys, locate your kids, and, most of all, learn how to FLY: Finally Love Yourself.

## Book Information

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## Customer Reviews

The writer of this book, Marla Cilley, goes by another name: Flylady. I own this book and have read it. But there is another way to experience Flylady if you have a computer. You can receive all the wisdom contained in the book by joining her e-mail coaching list. I joined her list over a year ago and it has completely changed my life. Bit by bit, I read and absorbed her wisdom and have been transforming my life and my home. Because the Flylady had made such an impact on my life, I bought her book immediately after it was published. As I read it, not much was unfamiliar to me because I had been a member of her e-mail group, and yet having it all in one place was very valuable to me. Despite having received a lot of information contained in the book through the e-mail group, I still wanted to own the book and use it frequently. This book will especially be helpful

to people who have a real problem figuring out how to keep and organize their home. Probably every person will find something to benefit them from the wisdom contained within, however, people who really struggle with issues of getting their act together will be especially helped. I was at my absolute wits end. I have an extensive collection of self-help books on organization and overcoming clutter. Each and every book has been interesting and hope-inspiring, and has presented helpful techniques and approaches. Yet to my great despair, I was never able to find a way to make it all work for me. At one point I decided, maybe I need outside help and hired a very expensive (and famous) organizing professional to help me. I paid several thousand dollars for an organizing plan, and hired these organizers at \$75.00 an hour to try to help me overcome my disorganization problem.

I was convinced that I needed to buy a new (bigger) house, but once I realized I was living in CHAOS (and that somebody knew what that was and had been there too) and that before I rushed right out to buy that new place I had some decluttering to do -- I got right to it. 15 minutes at a time over only about a month (long enough to establish a habit) I discovered that my house was plenty big enough -- I just needed to stop housing all that clutter and instead decide that the rooms needed only to hold essentials -- and that the only true essentials were my family and me. Now, the effects of the book are reaching into every area of my life -- my Christmas present selection (I don't want to give something that will just be clutter in the hands of the recipient), my purse, my budget, my exercise, my diet, my LIFE. It is absolutely amazing. Yes, there is a certain amount of "religious" content. I just substitute the word epiphany for God Breeze -- and keep on reading. The website (and the daily flow of emails and testimonials) are amazingly wonderful. The best part of the book and of the system is -- we clutter-maniacs are not alone and just knowing that someone else has suffered the pain of being so messy that you are afraid to have anyone see your house is comforting -- and inspires us FlyBabies to get moving for the next 15 minutes to make one little spot just that much better. Also, I would like to reply to the "irreducible chore and it MUST take a certain amount of time" comment: If when I get up in the morning and in using the bathroom sink while brushing my teeth just happen spend time wiping the sink and counter (time I would be standing there anyway) -- is that time spent cleaning or time spent brushing my teeth?

I think I fall somewhere between the reviewers who love or hate this book. While I give it an unqualified thumbs up, that's not to say I like the style. I don't. I am spiky, cynical, irreligious and unsentimental. I cringe when Marla talks about "blessing the world" and "purple puddles" and her

"DH". But here's the thing. This book works. I am not a Stepford wife - I'm a senior executive for a national organisation and I have no family at all, no parents, siblings, partner or children - not even a pet. Because I have absolutely no time for myself and no priorities apart from work, my house was utter chaos. Thanks to Marla Cilley it is now livable and I am able to have friends over without drowning in shame and am gradually reclaiming my life away from the office. This book contains practical ideas that made me completely rethink my approach to my home. I am not cleaning out of moral duty or to please someone else, but because I deserve a nice place to live. The concept that it is better to do something imperfectly than never to start completely changed my thinking. And permission not to finish - to just do 15 minutes worth and stop - has made a huge difference to my life. And while I don't like the syrupy stuff, I also suspect that someone without that homespun sweetness could not or would not have written this book and offered this help. So I am just grateful, and Marla can be as religious and as honeyed as she damn well likes, because I truly appreciate what this book has helped me do, and only an idiot throws out a rare gift because the wrapping doesn't suit them - particularly when it is genuinely well meant.

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