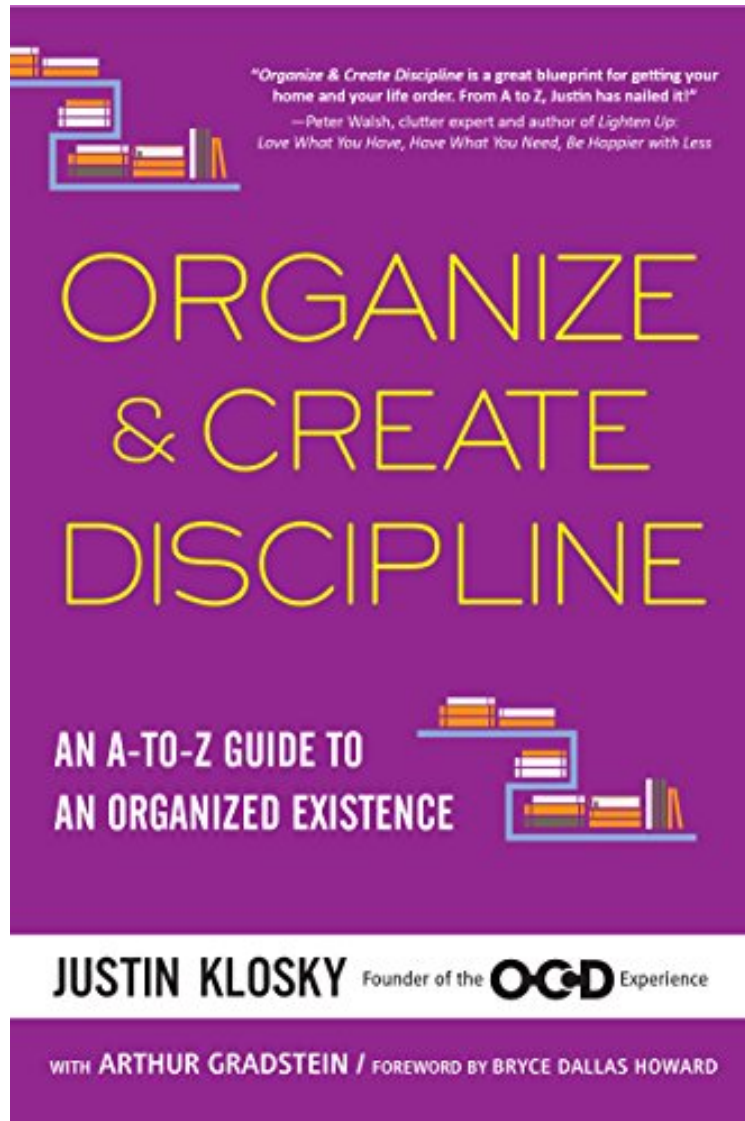


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# Organize Create Discipline: An A-to-Z Guide to an Organized Existence

Justin Klosky

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**Justin Klosky : Organize Create Discipline: An A-to-Z Guide to an Organized Existence** before purchasing it in order to gage whether or not it would be worth my time, and all praised Organize Create Discipline: An A-to-Z Guide to an Organized Existence:

9 of 9 people found the following review helpful. Great book, will get you excited about organizing your house!By SheilaPurchased this book and thought I would get a lot of use out of it, but before I could pick it up, by seventeen year old daughter did. She has now reorganized every inch of her room, you should see it, looks wonderful and she's a

teen!!! Next she started on my kitchen, before that, I wouldn't want you to see the inside of my kitchen cabinets, items would fall out, now everything is perfect and all of the useless space taking stuff is awaiting yard sale!! Buy this book, give it to your energetic teenager and see if you have the good luck I had. Since then, I have picked it up and highly recommend, he has this organization stuff Down!! 0 of 0 people found the following review helpful. High hopes but ultimately let down By Baylee Before finding this book, I thought about re-reading a book I had found helpful in the past, and also researched new books in hopes they might offer a new outlook or new tips, but it has been difficult for me to get through books these days. I thought about trying to find some inspirational videos on the topic on YouTube instead, and I stumbled upon a segment featuring Justin Klosky. I liked his approach and looked him up, coming across his book. I "looked inside" and decided to purchase the Kindle version. I started reading it (even the foreword and note before the official introduction), and to my surprise, it held my attention and I wished I had found it sooner. I wished I could get through it in its entirety so that I could try to put his method into practice, sooner rather than later. At a certain point, to my delight, I realized I had actually read the bulk of it and had reached the final section (A to Z), which I could navigate through according to my personal needs and which would save me time. I was excited but when I navigated to a section/area I would have wanted to start with, I just felt something was missing for my own clutter situation. I looked at a few other sections but didn't find much to be remarkable or new. And I was disappointed that there wasn't more on how to maintain anything that one would potentially achieve, as I was hoping there would be (it seemed to be implied this was part of his method). I had high hopes (parts 1 to 3 were well organized) and this book felt very promising but ultimately, I didn't feel it was enough to guide me in actually making progress. 37 of 41 people found the following review helpful. I don't say this lightly: this is a LIFE-CHANGER By Jane in Milwaukee If you can quote Peter Walsh, THE decluttering guru, on the jacket of your book saying: "Organize Create Discipline is a great blueprint for getting your home and your life in order. From A to Z, Justin has nailed it!" you really know your stuff. I got this book 2 weeks ago and with the holidays it got pushed around a bit. (need to ORGANIZE) So I had to set aside (CREATE) some time--today--to read it more thoroughly and I've had to go through enough of it to write an intelligent review (DISCIPLINE) even though I've kept wanting to start because of all the gems I keep running into. I first heard of this book when Justin posted on a thread I started on 's Gold Box Forum entitled "hoarding, disorganized, OCD--HELP!!" The first post reads: >>>(If you want to see it, just click on Today's Deals at the top of this page and scroll down to the discussions.) This thread is now in its 12th generation. People can't talk about these matters enough. In almost 5 years hundreds of people have posted and thousands have read the thread. Justin (the author) posted on the thread touting this book and, I think, his website just 2 weeks ago. Someone reported it (it's against the TOS to advertise yourself) and deleted it. HAPPILY, I saw the post before it was deleted and ordered this book on the spot. In the 5 years of the thread and after 9 years of serious work to get my home under control, I can report that I'm about 85% of where I want to be. I have mild OCD and mild ADD and when these are paired--which is most of the time, I think--they exacerbate each other. (I also have mild bipolar disorder for which I'm effectively treated. My shrink says that ADD should stand for Attention Direction Disorder and not Deficit because there's no lack of attention...usually just the opposite. We hyperfocus on many things at once and wind up scattered, exhausted and having accomplished nothing.) So I can really relate to Justin's struggles. What is remarkable is that he took his much more serious OCD that so stymied his happiness as a kid and turned it into a goldmine of information borne of self-discovery and a lot of research. He used to be an actor on a soap and is now a professional organizer. For good reason. Justin speaks of his OCD as a familiar companion, something that was part of his evolution into adulthood. He didn't realize till years later that every kid doesn't organize the entire house when the folks leave for a 2-week vacation. Or that it's unusual that in learning his lines for the show, it was so important in using his highlighter that if the blocks of bright yellow were not exact, he'd beg his mother to reprint the page so he could make them perfect. Bryce Dallas Howard wrote the Foreword. Who? She's only the daughter of Ron Howard and has appeared in several movies including performing Hilly Holbrook in The Help. She's very important because she was Justin's first professional client. Apparently he did a great job and his career has blasted off. I'm not sure which I like more, the form or the substance of this book. The substance would be great ideas and Justin gives them in so many humorous ways: of the plastics for leftovers in your kitchen, he suggests: "Try not to keep the lids in a separate location from the containers. They are a family and you don't want to be a home wrecker." This cracked me up and now I have a visual of keeping the lids right under the neatly stacked pile--small containers inside large ones. But then the form is engaging too. Normally books with chapters in alphabetical order are a snooze-fest. But here, the sections on specific areas that are often chaotic are ORGANIZED so that you can find them easily. Within almost every section are words that are in capitals and bold-faced: these point you to related sections to the one you're focusing on. For example, as you're reading about Counter Space you will find Cabinet, Bathroom, Kitchen and Spices. In the section Laundry Rooms, there are Cleaning Supplies, Tools, Closet, Cabinet, Clothes, Dressers and Socks. Every one of these words is its own section so you're constantly flipping back and forth between related concepts and it makes reading feel quite spontaneous and relevant. Another great feature is the numerous gray boxes that dot most pages. They are "O.C.D. Approved Technology," "An O.C.D. Success Story," "An O.C.D. Summary," or an "O.C.D. Extreme." These quickly become self-evident and are shorthand for making key points. One example is an O.C.D Summary of a dresser drawer:

Organize it by dumping everything out, Create dividers or whatever you need to make the drawer most useful, and actively Discipline yourself to keep using the drawer the way you set it up until the stuff becomes unwieldy...then you just start over. I've purchased dozens of books on organizing over the years and gotten very little out of them (even Peter Walsh's!) but this one hits me where I need it. I'm already looking at my craft room and books differently and happily congratulating myself on the processes in the book that I already do. I heartily recommend Organize Create Discipline.

A professional organizer's complete guide to getting—and staying—organized. As a child, Justin Klosky loved to count, analyze, and categorize everything in sight. Eventually diagnosed with OCD, he found ways to tap the benefits of his condition. Today, he's founded a successful firm, O.C.D. Experience, building on the principals of Organize, Create, Discipline to help high-end clients take control of their lives through time management skills, getting rid of clutter, simplifying their habits, and rethinking storage solutions. Carefully arranged into more than 300 A-to-Z categories, Organize Create Discipline explains organization methods for everything from laundry to legal documents, shoes, toys, kitchen drawers, medicine cabinets, utility closets, overflowing email inboxes, and dozens of other sources of daily detritus. Klosky's unique advice yields peace of mind and radically improves productivity. With a clientele that includes Bryce Dallas Howard, Julie Chen, and Saks Fifth Avenue, Klosky now makes his unrivaled techniques to staying organized available to all.

"A great blueprint for getting your home and your life in order. From A to Z, Justin has nailed it!" —Peter Walsh, clutter expert and bestselling author of *Lighten Up*

From the Author: Writing this book was a challenge for me; not in the context of supplying simple, powerful, and unique organizational advice, but because I wanted to open up and tell the story of what growing up with OCD was like and why my OCD came about. My organizational tool chest will continue to grow as my company, the O.C.D. Experience, grows, but one thing will always remain consistent: my belief that striving to overcome obstacles and chaos will always lead to a positive outcome. I know from experience. Organize Create Discipline is my first published work. Having ADHD and OCD made focusing my thoughts for a book a very complicated task. It's tough to perfect the content when you're stuck dwelling on whether the headings should be centered or left justified. I was very fortunate to be able to collaborate with my dear friend and TV writer Arthur Gradstein. I approached him one day with a small manuscript, organized alphabetically from A-Z, filled with content that I knew would help people simplify their lives and improve their relationship with their space and "stuff". However, it was missing the spark that would get people honest and laughing at the things we are all guilty of when it comes to organization, something I'm able to do when I help people in person. Arthur helped me not only stay focused when writing this book, but also helped me transfer my passion and humor to the page in a clear and concise way. Together, I feel we managed to deliver the most relevant organizational book on the market. Organize Create Discipline is a "Choose Your Own Adventure" of organization. Growing up in the 80's, I loved Choose Your Own Adventure books because no matter which way I decided to go, there was always fun journey. I wanted to model this book off that experience because most organizational books are boring and become exhausting after a few pages. With humor, interactivity, success stories, and a few of my own personal O.C.D. extremes, this book breaks the mold. I am proud to be able to share it with the world. If this book helps you in any way, I urge you to leave thoughts and comments so I know I've succeeded in my journey. After all, this book, and my life's goal, is all about helping people! All my best, and remember... "NOW IS ALWAYS BEST TIME!" - Yul Brenner's character in "The King of the Hill"

About the Author: A professional organizer to high-profile personal and corporate clients nationwide, Justin Klosky launched his successful business, O.C.D. Experience, after coming to terms with his obsessive-compulsive disorder. A former actor on *The Guiding Light*, he divides his time between Los Angeles and New York City.