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### **AWPL book recommendation for website video**

April 7, 2021

The book I'd like to recommend is:

#### **The Gentle Art of Swedish Death Cleaning**

#### ***How to Free Yourself and Your Family from a Lifetime of Clutter***

- This slender book was recommended by a family friend - she called to say hi, and during the conversation I mentioned that during the pandemic (like many of us), I'd been doing some organizing and sorting of books, clothing, etc. to be donated to various community organizations.
- Written by a Scandinavian woman, the book is about the benefits of cleaning out un-needed items in our homes *ourselves* – rather than leaving it to others later.
- The title of the book includes the word "death," which is a little unusual - but the concept is a familiar one.

The author explains that it's a common Scandinavian phrase, and originally referred to the process of cleaning out a relative's home after they pass away.

But the expression has come to mean cleaning out excess items in your home yourself - and having things go where you'd like them to.

And, importantly - so your children or other family members won't eventually have that challenging task.

- She suggests you begin small - focus on one room, or type of item, at a time: such as clothing, shoes, books, old toys, arts & craft supplies and other items.
- She also gives many ideas and suggestions for possible places to donate or sell different types of items.  
Many local organizations can put your items to good use, or help find a new home for them.
- This book is a quick read. It provides **positive reinforcement** for the organizing/sorting/weeding/donating work some of us have already done – and **encouragement** for others to get started!