



Throw Out Fifty Things: Clear the Clutter, Find Your Life

Gail Blanke

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"Our lives are so filled with junk from the past-from dried up tubes of glue to old grudges-that it's a wonder we can get up in the morning," exclaims motivator, best-selling author, columnist, and life coach Gail Blanke.

"If you want to grow, you gotta let go," is Blanke's mantra; and that means eliminating all the clutter-physical and emotional-that holds you back, weighs you down, or just makes you feel bad about yourself.

In **THROW OUT FIFTY THINGS** she takes us through each room of the house-from the attic to the garage-and even to the far reaches of our minds. Through poignant and humorous stories, she inspires us to get rid of the "life plaque" we've allowed to build-up there.

- That junk drawer (you know that drawer) in the kitchen? *Empty it!*
- Those old regrets? *Throw 'em out!*
- That make-up from your "old" look? *Toss it!*
- That relationship that depresses you? *Dump it!*

Once you've hit fifty-you'll be surprised how easy it is to get there-and once you've thrown out that too-tight belt and too-small view of yourself, you'll be ready to step out into the clearing and into the next, and greatest, segment of your life.

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Michael Lucius:

Is it an individual who having spare time then spend it whole day by simply watching television programs or just lying on the bed? Do you need something new? This Throw Out Fifty Things: Clear the Clutter, Find Your Life can be the answer, oh how comes? A book you know. You are consequently out of date, spending your extra time by reading in this brand-new era is common not a nerd activity. So what these publications have than the others?

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