

# Bibliography

## **The Paper Solution** by Lisa Woodruff (2020)

“Americans are drowning in paper, and studies show that fully 85 percent of the paper in our lives can be tossed—but which 85%? Woodruff delivers a step-by-step program for what to shred, what to save, and how to sort what’s left behind.” (Daidalus Books)  
Copy owned by the Menomonie Public Library and available through MORE Library System.

\$18.00

## **The Swedish Art of Aging Exuberantly** by Margaret Magnusson (2022)

The lady who wrote **The Gentle Art of Swedish Death Cleaning** is back with a book about aging gracefully. It includes practical wisdom to help you cull your belongings “so you can live more simply—and so your loved ones won’t have to do it later.” Available through the MORE Library System.

\$16.99

*“If you have to get rid of an item you cherish, something full of memories....you might say something to it as you part. Nothing ceremonial or difficult. Make it easy, just say, “Thank you, my dear.”*

## **Let It Go: Downsizing Your Way to a Richer, Happier Life** by Peter Walsh (2017)

Peter Walsh is my all-time favorite author/speaker on this subject. His insight into what keeps us clinging to things and how to let them go can give you the mental tools to simplify your material life.

\$14.99

*“If you keep the old stuff, you let it define who you are, and you continue to live in the past. I want to keep things that just make me feel good.” I wouldn’t wish downsizing on anybody. It was crazy. I think the best thing you can do is keep your possessions to a number that if you were to die tomorrow and someone came in, they could deal with it. They wouldn’t be overwhelmed.”*

<p>If you google “decluttering methods”, you will find <u>scores</u> of sites that give you great ideas for decluttering.</p>
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