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Unstuff Your Way to the Good Life: Cut the Clutter and Chaos to Find Calm and Contentment

Popular lifestyle blogger & *New York Times* bestselling author Ruth Soukup encourages embracing what matters, ditching what doesn't

GRAND RAPIDS, Mich.—According to the *Los Angeles Times*, the average American home contains more than 300,000 items. So it's no surprise that when LivingWellSpendingLess.com blogger and *New York Times* best-selling author Ruth Soukup challenged her devout following to live clutter-free for a month, 50,000 quickly hopped on board.

In her new book *Unstuffed: Decluttering Your Home, Mind and Soul* (April 2016, Zondervan), Soukup takes the challenge to the next level, helping readers transform the way they view the stuff of their homes, minds and lives, in order to ditch the unnecessary while keeping the purposeful.

"In one way or another, I think all of us are drowning," writes Soukup. "We are all drowning in a sea of unrelenting clutter—this stuff—that threatens to wash us away unless we somehow learn to swim...We have to choose our stuff well or it may just bury us alive."

Encouraging purpose over quantity, Soukup challenges readers to think about what they ultimately want in different areas of their lives and to work backwards, eliminating anything that doesn't help them reach their end goal. *Unstuffed* focuses on changing the way readers view their homes, schedules and relationships, also providing concrete ideas to clear the chaos and create a calm, clutter-free life.

Unstuffed will help readers:

- Create a comprehensive vision for their homes and improve its overall function
- Discover more space is not the solution and set limits on what comes into the home
- Implement practical solutions for keeping the chaos of kids' stuff at bay
- Combat the culture of busy that keeps us running from one thing to the next
- Let go of the guilt that gets attached to gifts
- Embrace the moments that matter most and eliminate the unnecessary

Ruth Soukup is a writer, speaker, and entrepreneur, as well as the *New York Times* bestselling author of *Living Well Spending Less: 12 Secrets of the Good Life*. Through her popular blog, LivingWellSpendingLess.com, she encourages a million and a half monthly readers to follow their dreams and reach their goals, sharing easy-to-implement tips and strategies for saving time and money while focusing on the things that matter most.

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