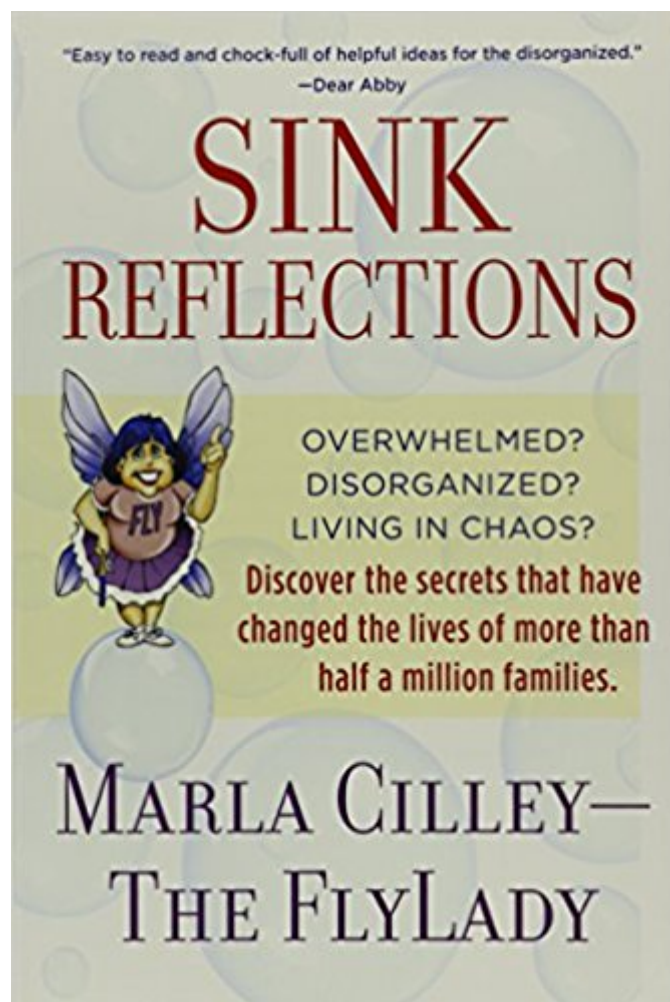




The book was found

Sink Reflections: Overwhelmed? Disorganized? Living In Chaos? Discover The Secrets That Have Changed The Lives Of More Than Half A Million Families...





Synopsis

Fly Out of CHAOS (Can't Have Anyone Over Syndrome) Into Order "One Baby Step at a Time With her special blend of housecleaning tips, humor, and musings about daily life, Marla Cilley, a.k.a. The FlyLady, shows you how to manage clutter and chaos and get your home "and your life "in order. Drawn from the lessons and tools used in her popular mentoring program, the FlyLady system helps you create doable housekeeping routines and break down overwhelming chores into manageable missions that will restore peace to your home "and your psyche. Soon you "ll be able to greet guests without fear, find your keys, locate your kids, and, most of all, learn how to FLY: Finally Love Yourself.

Book Information

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Customer Reviews

In her debut book, Cilley, a.k.a. "The FlyLady" to the thousands who log onto her FlyLady.net Web site, reaches into the everywoman's home to help make her housecleaning more fun and her life more organized. Beginning with "Shiny Sink 101," Cilley explains how a spotless kitchen sink can direct even the most discouraged housekeeper onto the path of well-ordered domesticity. Through several straightforward routines, including the 27 Fling Boogie (the cut-throat practice of quick junk disposal), the Five-Minute Room Rescue ("another step on the road to clutter recovery") and the Hot Spot Fire Drill (for an area that, like a forest fire, takes over your home), Cilley advises her "FlyBabies" on how to overcome clutter and CHAOS (Can't Have Anyone Over Syndrome). Filled with testimonials from online followers, the book aims to help readers establish manageable daily

and weekly habits by incorporating spirituality and family into the program. Detailed and direct, this is a guidebook for the stay-at-home or working woman who wants to have it all, including her sanity. Copyright 2002 Reed Business Information, Inc.

• Take off with FlyLady! Her down-to-earth writing will help anyone who desires to be lifted free from the chaos and confusion disorder causes. • Pam Young and Peggy Jones, coauthors, Sidetracked Home Executives: From Pigpen to Paradise • FlyLady is the fairy godmother who turned my dungeon into a castle, my Royal Pain into Prince Charming, and my grief into grins. And it all started with shining my sink! • Melanie Wilson, Ph.D., media psychologist, author, speaker • Chatty and personal. • Chicago Tribune • Easy to read and chock-full of helpful ideas for the disorganized. • Dear Abby syndicated column "Cilley's humor and good advice will have even the busiest people waking up to a cleaner house in no time." • Sacramento Bee

The book is interesting and very easy to read. Some of the information is repetitive but maybe it needs to be. It's geared toward families but can be adapted to single living. It did work to get me started. My only objection is the push to purchase her products. I understand this is a money making operation but the cleaning products are not especially creative.

Yes, very informative and helpful in getting the work done in your home and making it FUN. . . oh, Yea!! She's very funny and encouraging. . Enjoy . . She stays helpful even when we are not doing things right . She's very gracious and kind to those who have a hard time.

Very motivating. I was already doing some of the methods presented so FlyLady's ideology is in my groove. I had some aha moments regarding the paralyzing effects of perfectionism. Love the practicalness of this book. I am excited about gaining more control of my house and being more productive.

Loved this book and love her routines. Some of the writing sounds a little dated but was probably dated at the time of writing too (who weans a denim jumper or lace up shoes??) But a lot of it makes sense, I no longer let dishes sit in the sink and my kitchen is a lot cleaner and orderly. It certainly takes a lot more than a Monday one-hour 'house blessing' to keep my house clean with little kids though. Also only decluttering for a few minutes here and there will take you forever to get your house in order. I personally think it starts with getting rid of stuff and a lot of stuff, then you can keep

a clean and organized house and follow her routines from there. Overall, I really enjoyed it and it gave me great inspiration.

As opposed to other books that I have read on this topic, this is a book written by a lady which understands the struggles of someone overwhelmed by its own home, because she used to be such a person. The book is supportive, positive and action orientated; the learning process is based on encouragements, not on guilt. Marla's routines are life's good habits which you are taught step by step. If you feel that your life is a continue chase to catch up with everything that needs to be done in your home, as I did, buy this book. It changed my life and hopefully it will change your life for the better, as well.

New flybaby started 2 new babysteps after reading some of the book. Highly recommend this for self improvement.

A thousand stars!! This book changed my life. Everything is perfect now. Well, just kidding. But my house and my mind are clutter-free and organized. I know where most things are. I have a place for most everything in my home and a place for the things that don't seem to have a home! I have three kids (one a new baby) and this is the MOST clean, happy, and organized I've ever been. ALL thanks to this book, the site, and this Flylady. Thank you.

Love this book it has caused me to chill out and not stress over house and being perfect!

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