

# Book targets disease of too much clutter

## Local authors use humour to tackle problem of too much stuff

A pair of Burnaby-based professional organizers have put their lessons in book form, to help pack-rats tackle their clutter.

Susan Borax and Heather Knittel, co-owners of Good Riddance Professional Organizing Solutions, have just launched the book they've co-authored, *Good Riddance: Showing Clutter the Door*.

It offers practical advice presented with a dose of humour to help nudge people, including those in denial, into getting rid of what they call CRUD—"Completely Ridiculous Useless Debris."

"We've been helping people organize and de-clutter for many years. You wouldn't believe the similarity in the things people hold on to in just



NEWSLEADER FILE

Heather Knittel and Heather Borax, co-owners of the anti-clutter business Good Riddance, have just put out a book on the subject.

about every situation we encounter," said Borax.

"Rather than write another home organizing self-help book, we chose to zero in on worthless household stuff, employing facetiousness to lighten the load. Laughter is the best way to help people battle clutter."

Knittel added that

decluttering can serve as an emotional healer for everything from stress to a bad breakup.

"The act of reducing extra waste often makes our clients feel like a weight has been lifted off their shoulders. Nothing is more rewarding than helping them say good riddance to bad rubbish."

For more information on *Good Riddance: Showing Clutter the Door*, visit [www.goodriddance.ca](http://www.goodriddance.ca).

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