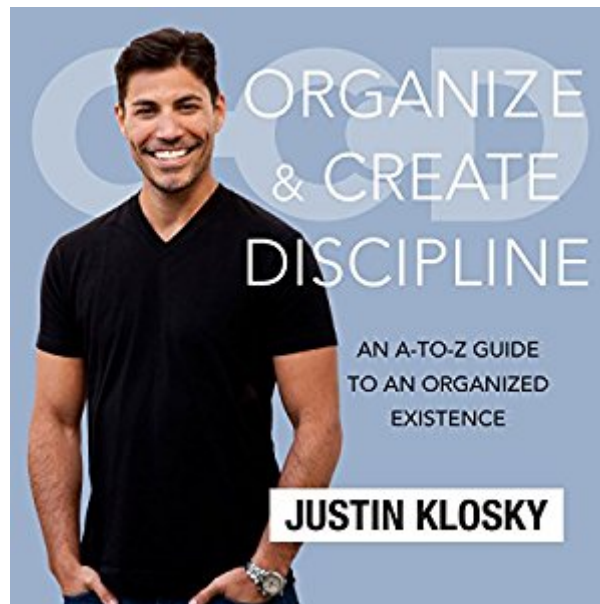


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# Organize And Create Discipline: An A-to-Z Guide To An Organized Existence



## Synopsis

A professional organizer's complete guide to getting - and staying - organized. As a child, Justin Klosky loved to count, analyze, and categorize everything in sight. Eventually diagnosed with OCD, he found ways to tap the benefits of his condition. Today, he's founded a successful firm, O.C.D. Experience, building on the principals of Organize, Create, Discipline to help high-end clients take control of their lives through time management skills, getting rid of clutter, simplifying their habits, and rethinking storage solutions. Carefully arranged into more than 300 A-to-Z categories, Organize & Create Discipline explains organization methods for everything from laundry to legal documents, shoes, toys, kitchen drawers, medicine cabinets, utility closets, overflowing email inboxes, and dozens of other sources of daily detritus. Klosky's unique advice yields peace of mind and radically improves productivity. With a clientele that includes Bryce Dallas Howard, Julie Chen, and Saks Fifth Avenue, Klosky now makes his unrivaled techniques to staying organized available to all.

## Book Information

Audible Audio Edition

Listening Length: 11 hours and 3 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Gildan Media, LLC

Audible.com Release Date: October 29, 2014

Language: English

ASIN: B00P07GEKS

Best Sellers Rank: #111 in Books > Crafts, Hobbies & Home > Home Improvement & Design > How-to & Home Improvements > Cleaning, Caretaking & Relocating #129 in Books > Self-Help > Time Management #207 in Books > Audible Audiobooks > Nonfiction > Reference

## Customer Reviews

If you can quote Peter Walsh, THE decluttering guru, on the jacket of your book saying: "Organize & Create Discipline is a great blueprint for getting your home and your life in order. From A to Z, Justin has nailed it!" you really know your stuff. I got this book 2 weeks ago and with the holidays it got pushed around a bit. (need to ORGANIZE) So I had to set aside (CREATE) some time--today--to read it more thoroughly and I've had to go through enough of it to write an intelligent review (DISCIPLINE) even though I've kept wanting to start because of all the gems I keep running into. I first heard of this book when Justin posted on a thread I started on 's Gold Box Forum entitled

"hoarding, disorganized, OCD--HELP!!" The first post reads:>>(If you want to see it, just click on Today's Deals at the top of this page and scroll down to the discussions.)This thread is now in its 12th generation. People can't talk about these matters enough. In almost 5 years hundreds of people have posted and thousands have read the thread. Justin (the author) posted on the thread touting this book and, I think, his website just 2 weeks ago. Someone reported it (it's against the TOS to advertise yourself) and deleted it. HAPPILY, I saw the post before it was deleted and ordered this book on the spot. In the 5 years of the thread and after 9 years of serious work to get my home under control, I can report that I'm about 85% of where I want to be. I have mild OCD and mild ADD and when these are paired--which is most of the time, I think--they exacerbate each other. (I also have mild bipolar disorder for which I'm effectively treated. My shrink says that ADD should stand for Attention Direction Disorder and not Deficit because there's no lack of attention...usually just the opposite. We hyperfocus on many things at once and wind up scattered, exhausted and having accomplished nothing.) So I can really relate to Justin's struggles. What is remarkable is that he took his much more serious OCD that so stymied his happiness as a kid and turned it into a goldmine of information borne of self-discovery and a lot of research. He used to be an actor on a soap and is now a professional organizer. For good reason. Justin speaks of his OCD as a familiar companion, something that was part of his evolution into adulthood. He didn't realize till years later that every kid doesn't organize the entire house when the folks leave for a 2-week vacation. Or that it's unusual that in learning his lines for the show, it was so important in using his highlighter that if the blocks of bright yellow were not exact, he'd beg his mother to reprint the page so he could make them perfect. Bryce Dallas Howard wrote the Foreword. Who? She's only the daughter of Ron Howard and has appeared in several movies including performing Hilly Holbrook in The Help. She's very important because she was Justin's first professional client. Apparently he did a great job and his career has blasted off. I'm not sure which I like more, the form or the substance of this book. The substance would be great ideas and Justin gives them in so many humorous ways: of the plastics for leftovers in your kitchen, he suggests: "Try not to keep the lids in a separate location from the containers. They are a family and you don't want to be a home wrecker." This cracked me up and now I have a visual of keeping the lids right under the neatly stacked pile--small containers inside large ones. But then the form is engaging too. Normally books with chapters in alphabetical order are a snooze-fest. But here, the sections on specific areas that are often chaotic are ORGANIZED so that you can find them easily. Within almost every section are words that are in capitals and bold-faced: these point you to related sections to the one you're focusing on. For example, as you're reading about Counter Space you will find Cabinet, Bathroom, Kitchen and Spices. In the section

Laundry Rooms, there are Cleaning Supplies, Tools, Closet, Cabinet, Clothes, Dressers and Socks. Every one of these words is its own section so you're constantly flipping back and forth between related concepts and it makes reading feel quite spontaneous and relevant. Another great feature is the numerous gray boxes that dot most pages. They are "O.C.D. Approved Technology," "An O.C.D. Success Story," "An O.C.D. Summary," or an "O.C.D. Extreme." These quickly become self-evident and are shorthand for making key points. One example is an O.C.D Summary of a dresser drawer: Organize it by dumping everything out, Create dividers or whatever you need to make the drawer most useful, and actively Discipline yourself to keep using the drawer the way you set it up until the stuff becomes unwieldy...then you just start over. I've purchased dozens of books on organizing over the years and gotten very little out of them (even Peter Walsh's!) but this one hits me where I need it. I'm already looking at my craft room and books differently and happily congratulating myself on the processes in the book that I already do. I heartily recommend Organize & Create Discipline.

Purchased this book and thought I would get a lot of use out of it, but before I could pick it up, by seventeen year old daughter did. She has now reorganized every inch of her room, you should see it, looks wonderful and she's a teen!!! Next she started on my kitchen, before that, I wouldn't want you to see the inside of my kitchen cabinets, items would fall out, now everything is perfect and all of the useless space taking stuff is awaiting yard sale!! Buy this book, give it to your energetic teenager and see if you have the good luck I had. Since then, I have picked it up and highly recommend, he has this organization stuff Down!!

If you can quote Peter Walsh, THE decluttering guru, on the jacket of your book saying: "Organize & Create Discipline is a great blueprint for getting your home and your life in order. From A to Z, Justin has nailed it!" you really know your stuff. When I got this book it got pushed around a bit. (I need to ORGANIZE), so I had to set aside (CREATE) some time to read it more thoroughly and I've had to go through enough of it to write an intelligent review (DISCIPLINE) even though I've kept wanting to start because of all the gems I keep running into. If you're going to have OCD, you might as well try to convert into a positive force in your life. I have mild OCD and mild ADD and when these are paired--which is most of the time, I think--they exacerbate each other. My shrink says that ADD should stand for Attention Direction Disorder and not Deficit because there's no lack of attention...usually just the opposite. We hyperfocus on many things at once and wind up scattered, exhausted and having accomplished nothing. So I can really relate to Justin's struggles. What is

remarkable is that he took his much more serious OCD that so stymied his happiness as a kid and turned it into a goldmine of information borne of self-discovery and a lot of research. He used to be an actor on a soap and is now a professional organizer. For good reason. Justin speaks of his OCD as a familiar companion, something that was part of his evolution into adulthood. He didn't realize till years later that every kid doesn't organize the entire house when the folks leave for a 2-week vacation. Or that it's unusual that in learning his lines for the show, it was so important in using his highlighter that if the blocks of bright yellow were not exact, he'd beg his mother to reprint the page so he could make them perfect. Bryce Dallas Howard wrote the Foreword. Who? She's only the daughter of Ron Howard and has appeared in several movies including performing Hilly Holbrook in *The Help*. She's very important because she was Justin's first professional client. Apparently he did a great job and his career has blasted off. I'm not sure which I like more, the form or the substance of this book. The substance is the great ideas and Justin gives them in so many humorous ways: of the plastic containers for leftovers in your kitchen, he suggests: "Try not to keep the lids in a separate location from the containers. They are a family and you don't want to be a home wrecker." This cracked me up and now I have a visual of keeping the lids right under the neatly stacked pile and, by gum, if I'm putting leftovers in the fridge, there's no blue-air epithets issuing forth: the set is right there for instant use. And I got rid of containers and lids that had no match or were in bad shape. But then the form is engaging too. Normally books with chapters in alphabetical order are a snooze-fest. But here, the sections on specific areas that are often chaotic are ORGANIZED so that you can find them easily. Within almost every section are words that are in capitals and bold-faced: these point you to related sections to the one you're focusing on. For example, as you're reading about Counter Space you will find Cabinet, Bathroom, Kitchen and Spices. In the section Laundry Rooms, there are Cleaning Supplies, Tools, Closet, Cabinet, Clothes, Dressers and Socks. Every one of these words is its own section so you're constantly flipping back and forth between related concepts and it makes reading feel quite spontaneous and relevant. Another great feature is the numerous gray boxes that dot most pages. They are "O.C.D. Approved Technology," "An O.C.D. Success Story," "An O.C.D. Summary," or an "O.C.D. Extreme." These quickly become self-evident and are shorthand for making key points. One example is an O.C.D Summary of a dresser drawer: Organize it by dumping everything out, Create dividers or whatever you need to make the drawer most useful, and actively Discipline yourself to keep using the drawer the way you set it up until the stuff becomes unwieldy...then you just start over. That last part has often annoyed me because once I put all the office supplies together and then placed some in each appropriate area of the house...when one area got overblown again (the infamous Junk Drawer), I felt defeated, like I did it

"wrong" again. But...ah...you just have to keep up maintenance with organization and be willing to re-sort things on a routine basis before they get overloaded again. It's a process, not a destination. I've purchased dozens of books on organizing over the years and gotten very little out of them (even Peter Walsh's!) but this one hits me where I need it. I'm already looking at my craft room and books differently and happily congratulating myself on the processes in the book that I already do. I heartily recommend *Organize & Create Discipline*.

This is the first self help book I have read that actually helped. Until I read this book I was notoriously disorganized. I habitually lost or misplaced virtually everything I owned. If I made a list, I would lose the list. The only way I could organize my house was to throw everything out and move to another house. No more. The strategies I have learned from reading this thoughtful, funny book have been life changing.

I love books on organizing, so I ordered this one. It provides a very clear-cut method for dealing with "stuff" and schedules. The only reservation I have is that much of the advice centers on digitizing everything using a smart phone, especially all paperwork (and destroying the originals except for things like contracts). This makes me uneasy so I don't follow that part of the process. Good for someone who needs direction and possesses a smart phone.

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