

Book Club Discussion Guide – *The Clutter-Health Connection*, by Julie E. Barton (2021)

Introduction –

Why did you choose to read this book? Which of the feeling statements from the back cover of the book do you most relate to?

- “Every time I walk by the piles and boxes in my home, I feel **stressed!**”
- “I started having **health issues**, is that related to all the stuff everywhere in my home?”
- “I’m too **tired** at the end of the day to make decisions about my excess stuff.”

Do you have other feelings that are different from these? (e.g., overwhelmed, pressured, numb, etc.)

Chapter 1 –

The first Focus Thought was:

“Grab a piece of paper and something to write with, set a timer for 3 minutes, and sit in a home space that is not yet as you’d like it to be. **During this 3-minute time**, look around at the space and be aware of the feelings and sensations that come up in your body, and thoughts in your mind, about this area.

When the timer goes off, write down your feelings and sensations about this area. Then make some notes next to those feeling words you wrote down, about how you’d *like* to feel in this space after the decluttering.”

What area of your home did you choose in the above exercise? What are some of the feeling words you would **like** to feel in this area of your home when it is decluttered?

Chapter 2 –

When have you felt like you were in “survival mode” in your home? Was it during the height of the COVID-19 pandemic or at some other time?

Have you experienced “decision fatigue” before? What was the cause? What did you do at the time to solve/overcome it?

How could giving yourself space in your home also give you freedom, mentioned in this chapter? In what ways would it give you freedom?

Chapter 3 –

In your “dream a little” exercise, for what purpose did you envision using your newly decluttered space?

Did you try the meditative breathing? How did that go? (What did you like or dislike about it?)

Chapter 4 –

In what ways are you seeking to “return to health”?

If you have a current health condition that is made worse by stress, what measurable benefits are you hoping to see after the decluttering process? (Refer to the quote by Gail Blanke at the beginning of this chapter.)

Chapter 5 –

What did you discover you need to “let go of” through reading this book and/or beginning your decluttering process?

What will it take for you to let go of that?

What was your top question about decluttering, before you started this book? (Did the author answer the question?)

Conclusion –

Are you inspired/encouraged to begin your own decluttering process to return to optimal health?

Why or why not?

If you haven't started already on your own decluttering process, what is holding you back? Did you decide on your compelling "why" motivation?

Additional Questions:

Which quote, from the beginning of the chapters, most resonated with you and why?

Which item from the "Healthy Suggestions" section (on page 32) do you want to try?

What sentimental item have you been resisting "decluttering" and why?

What topic/concept do you wish the author had covered in this book?

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Contact the author at: info@hawkhousepress.org