

# Move Your Stuff, Change Your Life: Interview with Karen Rauch Carter

In her new book, *Move Your Stuff, Change Your Life*, Karen Rauch Carter shows you how to declutter your home and your life, and create a space that supports your goals and dreams.

Carter is a professional organizer and the founder of Declutter Central, a company that helps people declutter their homes and businesses. She has been featured on *The Oprah Winfrey Show*, *The Today Show*, and *Good Morning America*, and her work has been featured in *The New York Times*, *The Wall Street Journal*, and *Real Simple* magazine.



## Creative in Business: Move Your Stuff, Change Your Life - Interview with Karen Rauch Carter by Kelly Galea

★★★★☆ 4 out of 5

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Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 19 pages
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In her book, Carter shares her four-step process for decluttering: **Sort, Purge, Pack, and Place**. She also provides practical tips and advice on

how to declutter every room in your home, from the kitchen to the bedroom to the garage.

I recently had the opportunity to interview Carter about her book and her decluttering philosophy. Here's what she had to say:

**Q: What inspired you to write *Move Your Stuff, Change Your Life*?**

**A:** I've been a professional organizer for over 20 years, and I've seen firsthand how decluttering can change people's lives. When you declutter your home, you're not just getting rid of stuff. You're also clearing away the obstacles that are holding you back from living the life you want.

**Q: What are the benefits of decluttering?**

**A:** Decluttering has many benefits, including:

\* Reduced stress and anxiety: Clutter can be overwhelming and stressful. When you declutter, you're creating a more peaceful and relaxing environment for yourself. \* Improved sleep: Clutter can interfere with sleep. When you declutter, you're creating a more restful and calming environment for yourself. \* Increased productivity: Clutter can be a distraction. When you declutter, you're creating a more focused and productive environment for yourself. \* Improved relationships: Clutter can strain relationships. When you declutter, you're creating a more harmonious and loving environment for yourself and your loved ones.

**Q: What are the biggest challenges people face when decluttering?**

**A:** The biggest challenge people face when decluttering is getting started. It can be overwhelming to look at a cluttered space and not know where to begin. That's why it's important to start small. Focus on one room or one

area at a time. Once you get started, you'll be surprised at how quickly the clutter starts to disappear.

**Q: What are your tips for decluttering?**

**A:** My top tips for decluttering are:

\* Start small: Don't try to declutter your entire home all at once. Focus on one room or one area at a time. \* Sort your belongings into three piles: keep, donate, and trash. Be ruthless when it comes to what you keep. Only keep the things that you use, love, or need. \* Purge your belongings: Once you've sorted your belongings, it's time to purge the things you don't need. Be honest with yourself about what you're willing to let go of. \* Pack up your belongings: Once you've purged your belongings, it's time to pack up the things you're keeping. Be sure to label the boxes so you know what's inside. \* Place your belongings: Once you've packed up your belongings, it's time to place them in their new homes. Be intentional about where you put things. Make sure everything has a place so that it's easy to find and put away.

**Q: What is the best way to maintain a clutter-free home?**

**A:** The best way to maintain a clutter-free home is to declutter regularly. Once a week, go through your belongings and get rid of anything you don't need. This will help to prevent clutter from building up in the future.

**Q: What are your thoughts on minimalism?**

**A:** I think minimalism is a great way to live. When you have less stuff, you have less to worry about. You're also more likely to be organized and productive. However, I don't think everyone needs to be a minimalist. The important thing is to find a way to live that works for you.

## Q: What is your ultimate goal for people who read your book?

**A:** My ultimate goal is for people to declutter their homes and their lives, and create a space that supports their goals and dreams. I want people to live happier, more fulfilling lives.

If you're ready to declutter your home and your life, I encourage you to read *Move Your Stuff, Change Your Life*. Karen Rauch Carter's practical advice and tips will help you get started on the path to a more organized and fulfilling life.

## About the Author

Karen Rauch Carter is a professional organizer and the founder of Declutter Central, a company that helps people declutter their homes and businesses. She has been featured on *The Oprah Winfrey Show*, *The Today Show*, and *Good Morning America*, and her work has been featured in *The New York Times*, *The Wall Street Journal*, and *Real Simple* magazine. Karen is the author of several books on decluttering, including *Move Your Stuff, Change Your Life* and *Declutter Your Mind, Declutter Your Life*.



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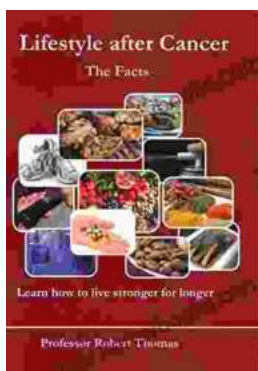
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