



Practical Feng Shui For Home and Business

SPECIAL REPORT

88 Feel-Good Reasons to Get Rid Of It

Carol M. Olmstead
Certified Feng Shui Practitioner
www.FengShuiForRealLife.com

Got clutter? More than 1.4 million Americans suffer from chronic hoarding and clutter. People waste at least 55 minutes a day looking for things, and we never use 80 percent of what we own. Here are 88 reasons to get rid of all kinds of clutter, including plenty of places where you can donate your *stuff* and feel good about letting it go:

Because Someone Else Needs It

1. Find a local recycling program for all kinds of household items (www.earth911.org).
2. Donate a phone to help domestic violence victims (www.verizonwireless.com).
3. Let the sale of your phone benefit an environmental charity (www.eco-cell.com).
4. Send a phone to the field staff of a poverty-fighting mission (www.care.org).
5. Recycle digital cameras to help keep service members in touch with their families (www.operationhomefront.net).
6. Work with charities to find homes for consumer electronics (www.rethink.ebay.com).
7. Donate scanners, computers, and cameras to help deserving, impoverished kids around the world (www.youthfortechology.org).
8. Donate your airline miles to help Red Cross staff and volunteers (www.redcross.org).
9. Donate miles to help deployed soldiers travel (www.heromiles.com).
10. Give miles to help transplant patients travel (www.marrow.org).
11. Offer miles to terminally ill kids (www.childrenscancerassociation.org).
12. Match your household items with a local non-profit's wish list (www.excessaccess.org).
13. Furnish homes for disaster victims (www.help1up.org).
14. Give interview and work clothes to disadvantaged women (www.dressforsuccess.org).
15. Donate a wedding gown to benefit breast-cancer patients (www.makingmemories.org).
16. Send formal wear to teenage girls for the prom (www.operationfairydust.org).
17. Provide a free coat to anyone who needs one (www.onewarmcoat.org).

18. Send shoes and sportswear to struggling athletes around the world (www.boulderrunning.com).
19. Supply children in foster care with luggage (www.suitcasesforkids.org).
20. Send eyewear to men and women in underdeveloped countries (www.uniteforsight.org) & (www.givethegiftofsight.org).
21. Convert American Express credit card points to cash donations (www.savethechildren.org).
22. Donate a used vehicle to support your local public radio station (www.cartalk.com).
23. Give books to Africans (www.booksforafrica.org).

24. Send towels and newspapers to animal shelters (www.cap4pets.org).
25. Fund job training programs and social services (www.goodwill.org).
26. List donations for charities to claim (www.freecycle.org).
27. Donate leftover building supplies to Habitat for Humanity's ReStores (www.habitat.org).
28. Share technology and training for the disabled and disadvantaged (www.cristina.org).
29. Connect your donations with charities across the country who need them (www.sharetechnology.org).
30. Send computers to more than 50 developing countries (www.worldcomputerexchange.org).
31. Change the world one pair at a time by donating shoes (www.soles4souls.org).
32. Donate men's suits to organizations that provide professional clothing and career counseling to low-income men (www.MenzFit.org) or (<http://www.careergear.org>).

Because It Can Be Converted Into Something Else

33. Recycled footwear materials into sports and playground surfaces (www.nikereuseashoe.com).
34. Convert old newspapers into colored pencils (www.pencilthings.com).
35. Transform rubber tires into sleek purses (www.vivaterra.com).
36. Create rugged iPod covers (www.passchal.com).
37. Convert plastic soda bottles into durable hammocks (www.qaiam.com).
38. Recycle yogurt containers into colorful plates, flatware, toothbrushes, and razors (www.recycline.com).
39. Find nationwide clothing exchanges and do-it-yourself alteration workshops (www.waporamarama.org).
40. Convert a pile of your favorite old T-shirts into a quilt (www.wildzipper.com).
41. Cash in your unused gift cards that are about to expire at sites where you can exchange or sell them (www.swapagift.com).

Because You Can Get Something Back

42. Return six MAC Cosmetics containers to any MAC store and receive a free lipstick.

43. Trade in an old iPod and receive a 10 percent discount on a new one.
44. Convert spare change into "real" money (www.coinstar.com).
45. Sell it to your neighbors (www.craigslist.org).
46. Sell it to anyone (www.ebay.com).
47. Redeem gift cards you will never use for cash (www.giftcardbuyback.com).
48. Trade books you have read for ones you want to read (www.paperbackswap.com).
49. Trade the DVDs you have seen for the ones you have not. (www.peerflix.com).
50. Clear off your CD shelves and make money in the process (www.spun.com).
51. Exchange books, music, movies, and games in one place (www.titletrader.com).

Because Something Is Old or Expired

52. Replace old appliances with new, energy-efficient ones saves money and fuel (www.energystar.gov).
53. You can prevent injuries by replacing running shoes after 300 to 500 miles.
54. Replace your toothbrush every three to four months.
55. Change your water filter every two months.
56. Change disposable air conditioner filters once a month during cooling season.
57. Replace the batteries in your smoke detector at least once a year (when you change your clocks).
58. Follow the USDA's recommended storage limits for refrigerated and frozen food (www.foodsafety.gov).
59. Throw out mascara and moisturizer after three months.
60. Discard foundation and sunscreen after six months to a year.
61. Keep concealer, lipstick, eyeliner and lip liners, fragrances, powders, blushes, and shadows for only 1½ to 2 years.

Because the Last Thing You Need Is More Paper Lying Around

62. File your taxes through an authorized IRS e-file provider.
63. Eliminate paper statements by banking and paying bills online.
64. Stop unwanted credit card solicitations (call 1-888-567-8688).
65. Opt out of telemarketing lists (www.dmaconsumers.org).
66. Shred your bills and credit card receipts to help reduce your risk of identity theft.
67. Use your scanner for magazine articles you want to read, then throw away the printed copies instead of collecting piles of publications waiting to be read.

Because There Is a Better Option

68. Search for phone numbers online instead of storing bulky volumes of the Yellow and White Pages.
69. Invest in a GPS system so you can stop buying maps.
70. Hold a "re-gifting" party where you can swap unneeded holiday gifts with your friends instead of hiding them in your closets.
71. Check out the Peanut Hotline to find a drop off center in your area to recycle your

Styrofoam peanuts rather than storing them (<http://www.loosefillpackaging.com>).

Because You Don't Want to End Up Like Him

72. Oscar Madison in *The Odd Couple*.

Because If They Said It, It Must Be True

73. *Simplicity is the ultimate sophistication*—Leonardo da Vinci

74. *Have nothing in your houses that you do not know to be useful or believe to be beautiful*—William Morris

75. *You've got to accentuate the positive, eliminate the negative*—Johnny Mercer

76. *You can't have everything. Where would you put it?*—Steven Wright

77. *There comes a time when you have to let your clothes go out into the world and try to make it on their own*—Bette Midler

78. *Nothing new flows into your life until you make room for it*—Carol Olmstead

Or Just Because...

79. It has no sentimental or monetary value anymore.

80. You have not used it in more than a year.

81. There is no longer a logical place to keep it.

82. It does not work.

83. An "ex" gave it to you.

84. If you throw it out you will not get arrested.

85. You can find it on the Internet.

86. It does not fit you anymore.

87. You do not like it anymore.

88. You ask yourself "What is the worst that can happen if you throw it out?" and the answer is...**NOTHING!**

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