



Hi!

This month's book is [Enough Already!: Clearing Mental Clutter to Become the Best You](#) by Peter Walsh. Peter is a New York Times bestselling author and the author of 3 other books including one with the hilarious title of [Does this Clutter Make My Butt Look Fat?](#) Give he is an organizational expert who has appeared on [Oprah](#) and [Clean Sweep](#), his whole clutter-view of the world makes sense. Doesn't it?

I read this book during the first couple of weeks of January. The title totally spoke to me about achieving New Year's Resolutions instead of letting them fall by the wayside as most people do by February 1st.

I'm not sure [Enough Already!](#) met all my expectations, but I did glean some interesting information from its pages. Before I tell you some of what I learned, let me

share the organization of the book because it may help you better understand how you can make use of it.

Walsh organizes the book into six different section. Each section deals with a particular facet of life that people typically feel some stress around. The six areas are relationships, work, family, money, health and a sense of well-being. He then divides each section into the same 6 chapters which follow a common and effective coaching methodology. Of course, all of this made it easy to follow his message and kept the surprises to a minimum.

For this newsletter, I'll focus on Walsh's suggestions for clearing the mental clutter associated with relationships. (If you'd like to learn more about his suggestions for dealing with finances, but don't have time to read the book yourself, join this month's Building Success Call.)

According to Walsh, the first step for clearing clutter in a relationship is to identify and agree on the relationship the partners want. This is creating the vision. This step is usually fairly easy if two people want to be in a relationship together. The real work begins when you're both ready to commit time to making the relationship become more and more like the vision instead of the current reality. If it's a long-term relationship, then this will most likely require long-term work from both parties.

The next step he identifies is communication. Communication is both listening and speaking with respect. This is made easier by setting boundaries and respecting limits.

His third step for the couple desiring change is to live in the present and eliminate the mental clutter of the past. This is facilitated by being realistic about both the past and the future and facing each individual's fears straight-on.

Finally, Walsh advises that you celebrate successes along the way. I whole heartedly agree with this!

None of what Walsh suggests for clearing the mental clutter that gets in the way of wonderful relationships is ground-breaking. However, it is a good reminder for everyone to follow the basic coaching model of vision, plan, act and celebrate.

If you'd like to learn about what Walsh has to say about Finances, join this month's Building Success! Call or just pick up the book by clicking [Enough Already!](#)

Happy reading,



Karen

Don't Forget

Reserve your spot for this month's 30-minute Building Success conference call!

To Register: Call 817-988-8086 or click your preferred time below.

- [Monday, Feb 15 @ 12:30pm Central Time](#)
- [Monday, Feb 15 @ 6:30pm Central Time](#)