



The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing

By Marie Kondo

Book summary & main ideas

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Summary:

The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing by Marie Kondo is a book that provides readers with a step-by-step guide to decluttering and organizing their homes. Kondo explains her unique KonMari Method, which is based on the idea that tidying should be done in one shot, rather than in small increments. She encourages readers to focus on what they want to keep, rather than what they want to get rid of, and to focus on the joy that each item brings them. Kondo also explains the importance of storage and how to properly store items to maximize space. She also provides tips on how to maintain a tidy home and how to prevent clutter from

accumulating in the future.

Kondo begins by discussing the importance of tidying and how it can lead to a more organized and fulfilling life. She explains that tidying is not just about getting rid of clutter, but also about creating a space that is conducive to living a more meaningful life. She then outlines her KonMari Method, which involves tidying by category, rather than by location. She encourages readers to start with clothing, then move on to books, papers, miscellaneous items, and finally, sentimental items.

Kondo then explains the importance of discarding items that no longer bring joy. She encourages readers to thank each item for its service before discarding it, and to be mindful of the impact that discarding items can have on the environment. She also provides tips on how to properly

discard items, such as donating them to charity or selling them online.

Kondo then explains the importance of storage and how to properly store items to maximize space. She provides tips on how to store items in a way that is both aesthetically pleasing and functional. She also provides tips on how to maintain a tidy home and how to prevent clutter from accumulating in the future.

The Life-Changing Magic of Tidying Up is an invaluable resource for anyone looking to declutter and organize their home.

Kondo's KonMari Method is a unique and effective way to tidy up, and her tips on storage and maintenance are invaluable. This book is sure to help readers create a more organized and fulfilling life.

Main ideas:

#1. *Discard items that do not spark*

joy: Discarding items that do not bring joy is the first step in the tidying process. This helps to create a space that is filled with items that bring joy and satisfaction.

Discarding items that do not bring joy is the first step in the tidying process. This helps to create a space that is filled with items that bring joy and satisfaction. By discarding items that do not spark joy, you can create a space that is free of clutter and filled with items that bring you joy. This can help to reduce stress and create a more organized and peaceful environment. Additionally, it can help to save time and energy by eliminating items that are no longer needed or used. By discarding items that do not spark joy, you can create a space that is more enjoyable and inviting.

The Life-Changing Magic of Tidying Up:

The Japanese Art of Decluttering and Organizing by Marie Kondo provides a comprehensive guide to the process of tidying up. Kondos method focuses on discarding items that do not spark joy and organizing the remaining items in a way that is both efficient and aesthetically pleasing. By following Kondos method, you can create a space that is both organized and inviting. Additionally, it can help to reduce stress and create a more peaceful environment.

#2. Tidy by category, not by location: Instead of tidying by location, it is more effective to tidy by category. This helps to ensure that all items of the same type are gathered together and can be assessed for their usefulness.

Tidy by category, not by location is an idea that Marie Kondo promotes in her book The Life-Changing Magic of Tidying Up:

The Japanese Art of Decluttering and Organizing. This idea suggests that instead of tidying by location, it is more effective to tidy by category. This helps to ensure that all items of the same type are gathered together and can be assessed for their usefulness. By tidying by category, it is easier to identify what items are necessary and what items can be discarded. This method also helps to create a more organized and efficient system for storing items. Additionally, it can help to reduce the amount of time spent tidying and organizing, as items are already grouped together by type. Tidying by category is a great way to declutter and organize your home, and can help to create a more peaceful and stress-free environment.

#3. Store items vertically: Storing items vertically helps to maximize the use of space and makes it easier to find

items when needed.

Storing items vertically is a great way to make the most of the space you have. It allows you to store more items in a smaller area, and makes it easier to find what you need when you need it. By storing items vertically, you can also create a more organized and visually appealing space. For example, if you have a lot of books, you can store them in a vertical bookcase, which will make it easier to find the book you need and will also look more aesthetically pleasing. Additionally, if you have a lot of clothing, you can hang them on a vertical rack, which will make it easier to find the item you need and will also help to keep your clothing wrinkle-free.

The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing by Marie Kondo is a great resource for learning how to store items

vertically. Kondo provides detailed instructions on how to organize your items in a way that is both efficient and aesthetically pleasing. She also provides tips on how to make the most of the space you have, and how to create an organized and visually appealing space. By following Kondos advice, you can make the most of the space you have and create an organized and visually appealing space.

#4. Fold clothes to save space: Folding clothes instead of hanging them helps to save space and makes it easier to see all of the items in a drawer.

Folding clothes is an effective way to save space in drawers and closets. It allows you to see all of the items in a drawer at once, and it also helps to keep clothes from becoming wrinkled or stretched out. Marie Kondo, author of *The Life-Changing Magic*

of Tidying Up: The Japanese Art of Decluttering and Organizing, recommends folding clothes in a specific way. She suggests folding them into small, neat rectangles that can be stacked on top of each other. This method helps to maximize the space in a drawer and makes it easier to find the items you need.

When folding clothes, it is important to take the time to do it properly. Start by laying the item flat on a surface and smooth out any wrinkles. Then, fold the item in half lengthwise and smooth out the fabric. Next, fold the item in half again, and then fold it in thirds. Finally, fold the item in half one more time and tuck in the sleeves. This method will help to create a neat, compact rectangle that can be easily stored in a drawer.

Folding clothes is a great way to save space and keep your drawers organized. It

may take a bit of practice to perfect the technique, but it is worth the effort. With a little bit of time and effort, you can create a neat and tidy space that is easy to navigate.

#5. Keep only items that are necessary: Keeping only items that are necessary helps to reduce clutter and makes it easier to find items when needed.

The idea of keeping only items that are necessary is a key concept in Marie Kondos book, *The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing*. Kondo suggests that by only keeping items that are truly necessary, we can reduce clutter and make it easier to find items when needed. She encourages people to take the time to go through their belongings and ask themselves if each item brings them

joy or serves a purpose. If not, it should be discarded. This process of discarding items can help to create a more organized and peaceful living space.

Kondo also suggests that by only keeping items that are necessary, we can create a more mindful relationship with our belongings. We can be more intentional about what we bring into our homes and be more aware of how our possessions affect our lives. This can help us to be more mindful of our spending habits and make sure that we are only buying items that we truly need.

By following Kondos advice and only keeping items that are necessary, we can create a more organized and peaceful living space. We can also create a more mindful relationship with our belongings and be more intentional about what we bring into our homes. This can help us to

reduce clutter and make it easier to find items when needed.

#6. Create a designated place for items: Creating a designated place for items helps to ensure that they are always put back in the same place and can be easily found when needed.

Creating a designated place for items is an important part of tidying up and organizing. It helps to ensure that items are always put back in the same place and can be easily found when needed. This is especially important for items that are used frequently, such as keys, wallets, and phones. By assigning a specific spot for each item, it becomes easier to remember where it belongs and to quickly locate it when needed. Additionally, having a designated place for items can help to reduce clutter and make it easier to keep a space tidy.

When creating a designated place for items, it is important to consider the size and shape of the item, as well as the frequency of use. For example, items that are used frequently should be placed in an easily accessible spot, while items that are used less often can be stored in a less accessible area. Additionally, it is important to consider the size and shape of the item when choosing a spot. For example, a large item may need to be placed on a shelf or in a cupboard, while a small item may fit better in a drawer or on a countertop.

Creating a designated place for items is an important part of tidying up and organizing. It can help to reduce clutter and make it easier to keep a space tidy. Additionally, it can help to ensure that items are always put back in the same place and can be easily found when needed. By taking the

time to assign a specific spot for each item, it can make tidying up and organizing much easier.

#7. Discard items that are no longer useful: Discarding items that are no longer useful helps to reduce clutter and makes it easier to find items when needed.

Discarding items that are no longer useful is an important part of the tidying process. It helps to reduce clutter and makes it easier to find items when needed. Marie Kondo, author of *The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing*, suggests that when discarding items, it is important to be mindful and to thank the item for its service. This helps to create a sense of closure and gratitude for the item, even if it is no longer useful.

When discarding items, it is important to be selective and to only keep items that are truly necessary or that bring joy. This helps to ensure that the items that are kept are truly useful and that the space is not cluttered with unnecessary items.

Additionally, it is important to be mindful of the environment when discarding items. Whenever possible, items should be donated or recycled rather than thrown away.

#8. Discard items that are not used regularly: Discarding items that are not used regularly helps to reduce clutter and makes it easier to find items when needed.

Discarding items that are not used regularly is an important part of the tidying process. By getting rid of items that are no longer needed or used, it helps to reduce clutter and makes it easier to find items

when needed. Marie Kondo, author of *The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing*, suggests that when discarding items, it is important to be honest with yourself and ask if the item is truly necessary. If the answer is no, then it is time to let it go.

When discarding items, it is important to be mindful of the environment. If the item is still in good condition, consider donating it to a charity or thrift store. This way, the item can be reused and given a new life. If the item is no longer usable, make sure to dispose of it properly. This means recycling or disposing of it in the correct way, so that it does not end up in a landfill.

Discarding items that are not used regularly is an important part of the tidying process. It helps to reduce clutter and makes it easier to find items when needed.

It is also important to be mindful of the environment when discarding items, and to make sure to dispose of them properly. By following these tips, you can help to make your home a more organized and clutter-free space.

#9. *Discard items that are not meaningful: Discarding items that are not meaningful helps to reduce clutter and makes it easier to find items when needed.*

Discarding items that are not meaningful is an important part of the tidying process. By getting rid of items that no longer bring us joy or serve a purpose, we can create a more organized and peaceful environment. This helps us to focus on the things that are truly important and meaningful to us. It also helps us to save time and energy by not having to search for items that we no longer need or use. Discarding items that

are not meaningful can be a difficult process, but it is ultimately rewarding and can help us to create a more organized and meaningful life.

#10. *Discard items that are not necessary: Discarding items that are not necessary helps to reduce clutter and makes it easier to find items when needed.*

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with yourself and not keep items out of guilt or sentimentality. By discarding items that are not necessary, you can create a more organized and peaceful living space.

#11. *Discard items that are not used: Discarding items that are not used helps to reduce clutter and makes it easier to find items when needed.*

Discarding items that are not used is an important part of the tidying process. By getting rid of items that are no longer needed or used, it helps to reduce clutter and makes it easier to find items when needed. Marie Kondo, author of *The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing*, suggests that when discarding items, it is important to be mindful and to thank the items for their service. This helps to create a sense of appreciation and respect for the items that have been used

and to create a sense of closure.

Additionally, it is important to be honest with oneself when discarding items and to be realistic about what is truly needed and used. By discarding items that are no longer needed or used, it helps to create a sense of order and organization in the home.

#12. Discard items that are not used often: Discarding items that are not used often helps to reduce clutter and makes it easier to find items when needed.

Discarding items that are not used often is an important part of the tidying process. By getting rid of items that are not used often, you can reduce the amount of clutter in your home and make it easier to find the items you need when you need them.

Marie Kondo, author of *The Life-Changing Magic of Tidying Up: The Japanese Art of*

Decluttering and Organizing, recommends that you take the time to go through your belongings and discard items that you no longer need or use. This can help to create a more organized and clutter-free space.

When discarding items, it is important to be honest with yourself about what you really need and use. Ask yourself if the item is still useful or if it has been replaced by something else. If the item is no longer useful, it is best to discard it. This will help to reduce the amount of clutter in your home and make it easier to find the items you need when you need them.

Discarding items that are not used often is an important part of the tidying process. By getting rid of items that are not used often, you can reduce the amount of clutter in your home and make it easier to find the items you need when you need them. This will help to create a more organized and

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When discarding items, it is important to

be mindful of the environment. If the item is still in good condition, consider donating it to a charity or thrift store. This way, the item can be reused and given a new life. If the item is no longer usable, make sure to dispose of it properly. This means recycling or disposing of it in the correct way, so that it does not end up in a landfill.

Discarding items that are not used regularly is an important part of the tidying process. It helps to reduce clutter and makes it easier to find items when needed. It is also important to be mindful of the environment when discarding items, and to make sure to dispose of them properly. By following these tips, you can help to make your home a more organized and clutter-free space.

#14. *Discard items that are not needed: Discarding items that are not needed helps to reduce clutter and*

makes it easier to find items when needed.

Discarding items that are not needed is an important part of the tidying process. It helps to reduce clutter and makes it easier to find items when needed. Marie Kondo, author of *The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing*, suggests that when discarding items, it is important to be mindful and to thank the items for their service. She also recommends that items be handled one by one and that decisions be made based on whether or not the item sparks joy. By discarding items that are no longer needed, it is possible to create a space that is both organized and inspiring.

#15. Discard items that are not meaningful to you: Discarding items that are not meaningful to you helps to reduce clutter and makes it easier to

find items when needed.

Discarding items that are not meaningful to you is an important part of the decluttering process. It helps to reduce the amount of clutter in your home and makes it easier to find items when needed. Marie Kondo, author of *The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing*, suggests that when discarding items, you should ask yourself if the item "sparks joy" in you. If it does not, then it is likely not meaningful to you and should be discarded. Additionally, Kondo suggests that you thank the item for its service before discarding it, as a way of showing gratitude for the item's past use.

Discarding items that are not meaningful to you can be a difficult process, as it can be hard to let go of items that have sentimental value. However, it is important to remember that the items are not the

memories themselves, and that the memories can still be cherished without the physical item. Additionally, it is important to remember that discarding items can help to create a more organized and peaceful home environment.

#16. Discard items that are not used often: Discarding items that are not used often helps to reduce clutter and makes it easier to find items when needed.

Discarding items that are not used often is an important part of the tidying process. By getting rid of items that are not used often, you can reduce the amount of clutter in your home and make it easier to find the items you need when you need them.

Marie Kondo, author of *The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing*, recommends that you take the time to go through your

belongings and discard items that you no longer need or use. This can help to create a more organized and peaceful environment in your home.

When discarding items, it is important to be honest with yourself about what you really need and use. Ask yourself if the item is still useful or if it has been replaced by something else. If the item is no longer useful, it is best to discard it. This will help to reduce the amount of clutter in your home and make it easier to find the items you need when you need them.

Discarding items that are not used often is an important part of the tidying process. By getting rid of items that are not used often, you can reduce the amount of clutter in your home and make it easier to find the items you need when you need them. This will help to create a more organized and peaceful environment in your home.

#17. *Discard items that are not used regularly: Discarding items that are not used regularly helps to reduce clutter and makes it easier to find items when needed.*

Discarding items that are not used regularly is an important part of the decluttering process. By getting rid of items that are not used often, you can create more space and make it easier to find the items you need when you need them. Marie Kondo, author of *The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing*, recommends that you take the time to go through your belongings and ask yourself if each item "sparks joy". If it doesn't, then it's time to let it go. This will help you to focus on the items that you truly need and use, and discard the rest.

When discarding items, it's important to

consider where they will go. If the item is still in good condition, you may want to donate it to a charity or thrift store. If it's not in good condition, you may want to consider recycling it or disposing of it responsibly. By taking the time to properly discard items that are not used regularly, you can help to reduce clutter and make your home a more organized and enjoyable place to be.

#18. Discard items that are not necessary for your lifestyle: Discarding items that are not necessary for your lifestyle helps to reduce clutter and makes it easier to find items when needed.

Discarding items that are not necessary for your lifestyle is an important step in the process of tidying up. It helps to reduce clutter and makes it easier to find items when needed. By discarding items that are

not necessary, you can create a more organized and efficient living space. This can help to reduce stress and make it easier to focus on the things that are important to you.

Marie Kondos book, *The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing*, provides helpful advice on how to identify and discard items that are not necessary for your lifestyle. She suggests that you take the time to go through your belongings and ask yourself if each item sparks joy. If it does not, then it is likely not necessary for your lifestyle and can be discarded. Additionally, she recommends that you thank each item for its service before discarding it.

By discarding items that are not necessary for your lifestyle, you can create a more organized and efficient living space. This

can help to reduce stress and make it easier to focus on the things that are important to you. Marie Kondos book provides helpful advice on how to identify and discard items that are not necessary for your lifestyle, and can be a great resource for anyone looking to declutter and organize their home.

#19. Discard items that are not meaningful to your life: Discarding items that are not meaningful to your life helps to reduce clutter and makes it easier to find items when needed.

Discarding items that are not meaningful to your life can be a difficult task, but it is an important step in creating a more organized and clutter-free home. By getting rid of items that no longer serve a purpose or bring joy, you can make room for items that are more meaningful and useful. This can help to reduce stress and

make it easier to find items when needed. Additionally, it can help to create a more peaceful and calming environment in your home.

Marie Kondos book, *The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing*, provides helpful advice on how to go about discarding items that are no longer meaningful. She suggests starting with the items that are easiest to part with, such as clothes and books, and then gradually working up to more sentimental items. She also recommends thanking each item before discarding it, as a way of acknowledging the role it has played in your life.

Discarding items that are not meaningful to your life can be a liberating experience. It can help to create a sense of clarity and focus, and can make it easier to find items

when needed. By taking the time to go through your belongings and get rid of items that no longer serve a purpose, you can create a more organized and clutter-free home.

#20. Discard items that are not used often: Discarding items that are not used often helps to reduce clutter and makes it easier to find items when needed.

Discarding items that are not used often is an important part of the tidying process. By getting rid of items that are not used often, you can reduce the amount of clutter in your home and make it easier to find the items you need when you need them.

Marie Kondo, author of *The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing*, recommends that you take the time to go through your belongings and discard items that you no

longer need or use. This can help to create a more organized and peaceful environment in your home.

When discarding items, it is important to be honest with yourself about what you really need and use. Ask yourself if the item is still useful or if it has been replaced by something else. If the item is no longer useful, it is best to discard it. This will help to reduce the amount of clutter in your home and make it easier to find the items you need when you need them.

Discarding items that are not used often is an important part of the tidying process. By getting rid of items that are not used often, you can reduce the amount of clutter in your home and make it easier to find the items you need when you need them. This will help to create a more organized and peaceful environment in your home.

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