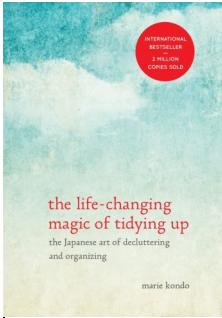




Discussion Guide



About the Book

Book Title: *The Life-changing Magic of Tidying Up*

Author: Marie Kondo

Published by: Berkeley, California: Ten Speed Press, 2014

Author Website: <http://konmari.com/en/>

Book Website: <http://tidyingup.com/>

Questions for Discussion

1. **What were your general impressions of this book?**
2. **Kondo explains that tidying up has been a part of her life from a young age. What about you? Has putting things in order been important to you?**
3. **What do you think of her approach to sorting, keeping only the things that bring you joy?**
4. **Kondo often tells us to thank the things that we use as we put them away each day. What do you think of this practice?**
5. **Have you tried any of the KonMari method since reading the book? If so, what has been your experience with trying it out?**
6. **Kondo asserts that her clients never return to her because the method works. Do you think this method could really solve your own issues with clutter for good? Why or why not?**
7. **Kondo recommends that before you start her process, you first decide what you want to do once you get your things in order. She asserts that tidying brings clarity to your life. What would be your goal be in tidying?**
8. **Read over the MAMs comments on the book. Which of them do you most agree with and why?**
9. **In what ways, if any, will this book change your life or perspective?**

Other Links...

Watch Kondo folding items and standing them on end! It will help provide some visuals to the book.

Marie Kondo Folds the Perfect Underwear Drawer: <https://www.youtube.com/watch?v=tg1p9eWQEHY>

A Japanese lifestyle guru explains how to organize your home once — and then never again; https://www.youtube.com/watch?v=JJwN4PQv_So

Watch Kondo fold a t-shirt: <https://www.youtube.com/watch?v=19i7oyiKVG0>



NANCY: *“Therefore, the best criterion for choosing what to keep and what to discard is whether keeping it will make you happy, whether it will bring you joy.”* I loved this book! A delightful read and the process works! As usual, I began with doubts, but she became my expert when she said that tidying has been a lifelong journey of discovery. I love her focus on surrounding yourself with things that bring you joy and that you only have to do it once. I have started on my clothes and so far the choices have seemed simple and the order lasts. I am so glad my friend Chris chose this book for us.



SALLIE: *“The true purpose of a present is to be received.”* Oh, Marie! Can this be my solution at last? For years I’ve struggled with keeping my things in order. Can it be this easy? The jury is still out! Now that I’ve read the book I’m going to begin my sort. That’s a neat idea that the joy is receiving the gift at the time it is given, and it’s okay to let it go if the joy is in the past. And I love the way she thanks her things at the end of the day. I hope this will work!



ABIGAIL: *“But when we really delve into the reasons for why we can’t let something go, there are only two: an attachment to the past or a fear for the future.”* Marie Kondo’s very wise at her young age. This philosophy resonates with my focus on living in the moment. Keeping a lot of things because of the past — or a fear that they may be needed in the future is not a healthy way to live. Focusing on the now means that I should primarily focus on what is needed at this time in my life. Yes, a great book.



MOLLY: *“The question of what you want to own is actually the question of how you want to live your life.”* This helps me at this time in my life. Having cancer, I find I want to get my life in order. Getting rid of stuff does bring a clarity to how I really want to live my life. I don’t have a lot of energy, and I’m home while going through chemo. Sorting is something I can do on the good days and it’s helping me focus on what’s most important. Thank you, Marie Kondo.



PRISCILLA: *“If sweatpants are your everyday attire, you’ll end up looking like you belong in them, which is not very attractive. What you wear in the house does impact your self-image.”* She’s very funny, isn’t she? I agree with her on this! I like to look nice even when I’m home alone. Being with myself is dress up time, too! You know I could do the American version of this book. Like Marie, I have been the one who always tidies and keeps everything in order. Maybe I should write what I’ve learned, too!



KATHARINE: *“People with large book collections are almost always diligent learners.”* *“Imagine what it would be like to have a bookshelf filled only with books that you really love. Isn’t that image spellbinding? For someone who loves books, what greater happiness could there be?”* I enjoyed what she had to say about books! That’s a sticky point for me. It’s very hard to part with a book, even if I don’t like it very much. I always think I might need to save it to share with a student. So, you know what I did? I went through all my books and kept only those that I really love. The rest I gave to the college library and so my students can check them out and I can still recommend them, but I don’t have to have them on my shelves! This brought much clarity to the sorting process.



JANE: *“I have yet to see a house that lacked sufficient storage. The real problem is that we have far more than we need or want.”* Well, I’ve always run a tight ship. I learned this from nuns in Catholic school and my mother. I found it was important in my business to keep everything well-managed and in its right place. But I do like her way of organizing drawers. I changed some of my things around. I love trying to get my folding items to stand vertically. You should see my t-shirt drawer now. I folded them with the logo up. Very efficient and helpful. I also like the focus on keeping the important things that bring joy. Certainly I have ample storage in my mansion, but loved the story about the Japanese woman living in a 10 X 13 room and finding she had enough storage, too!