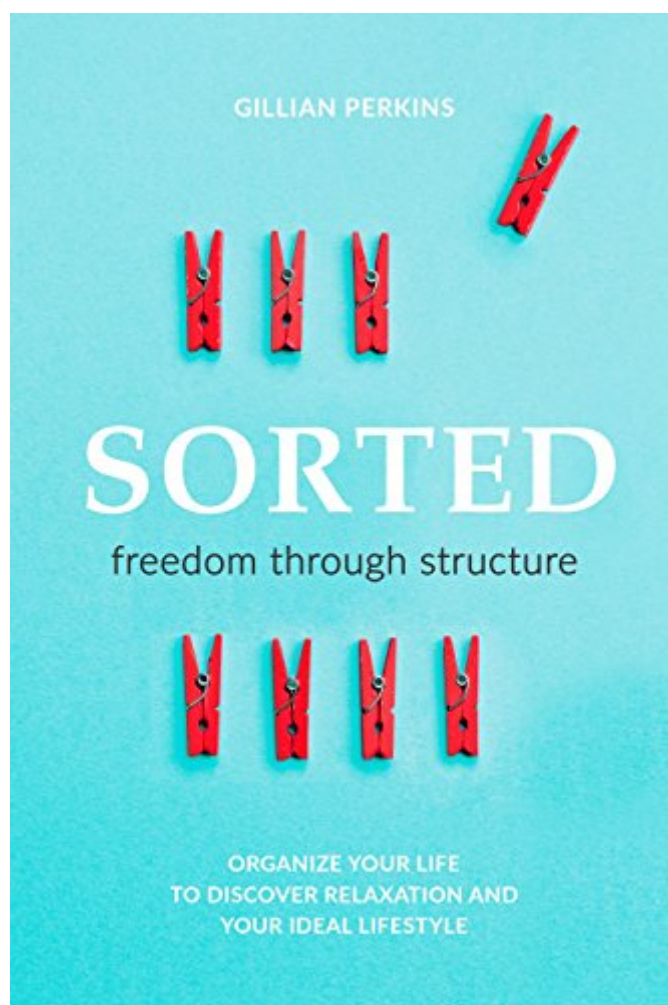


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# Sorted: Freedom Through Structure



## Synopsis

In this direct, honest classic, #1 Internationally bestselling author Gillian Perkins takes on the disorder in our lives that is stealing our time, causing us stress, and killing our productivity. SORTED is a straight-forward guide for how to change all this. Stop fighting against a messy house, chaotic schedule, and unaccomplished goals. Learn how to start really living! By teaching you how to create and implement simple routines that will make your life run smoothly, SORTED gives you the tools you need to finally take control of your life and get everything in order. Actionable and to-the-point, SORTED gives step-by-step instructions for every part of the process. This is truly a hands-on method for creating order in your schedule, home, and entire life. SUMMON ORDER RECLAIM TRANSFORM ENJOY DETERMINE "Just what I needed!" -- Sabrina K., mother of three "SORTED showed me how to create routines that make my house stay clean almost automatically. A real life-saver." -- Kara H., Business owner and mom "Anyone who's struggling with balancing housework, a job, and relationships NEEDS to read this book. The amount of peace I've found in my life since reading SORTED is phenomenal." -- Jessica P., Interior decorator

## Book Information

File Size: 1497 KB

Print Length: 195 pages

Page Numbers Source ISBN: 1532976445

Simultaneous Device Usage: Unlimited

Publication Date: May 9, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01FF2VN7Q

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #18,108 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #2 in Kindle Store > Kindle eBooks > Crafts, Hobbies & Home > Home Design > Design & Construction #14 in Kindle Store > Kindle eBooks > Nonfiction > Self-Help > Creativity #15 in Books > Crafts,

## Customer Reviews

Holy Moly! This was an awesome and quick read! You know all those things you've always wanted to accomplish but can't find the time or energy? Gillian has developed a fantastic system to give you both. This creates a great bridge between where you are today (too many daily things to remember, always feeling behind, and feeling helpless and about to cry) and where you envision yourself being (calm, everything complete, and we'll on your way to reaching the great heights of success you know are possible). I am exhausted with the books written by some who fail to realize that most of the family chores, scheduling, and errands fall on overworked, uncompensated (except with tiny kisses) mom's who would LOVE to be able to reach greater levels of success without resenting or failing their families. Thank you, Gillian!!!

I really wanted to like this book. I'm glad the author has found success in her own life, but these principles are not so cut and dry for everyone. They are good for many, but they would greatly discourage moms who have a lot more life experience and more factors that are not easily "sorted" than the author (young mother of only 1 baby). Life is not so simple that you can control everything in your life. What about mothers with multiple children who homeschool or with a child that has ongoing medical needs etc? What about women who have no control of their work schedules because they don't run their business etc? I could go on and on. I just had a really hard time reading what was spoken with such an air of "I figured it out," because life is constantly changing and you have to be able to roll with changes and adjust. Finally, there wasn't much specific application, just a lot of talk about action. I would like to see an updated version after the author has gone through some greater life struggles and explained how this method helped her sanity in those times... Then I would find it much more relatable. (On a positive note, she is very excited about the success she has found and wants you to enjoy the life she has found.)

SORTED was quite a disappointment to me. The author's tone is patronizing (although I believe it's genuine), and she seems to be trying to be both a counselor, a life coach, and a professional organizer. As a positive, I do believe she has a grip on the obstacles to life routines and organizing. However, her advice in this book is mostly theoretical and not very practical. Her advice about organization seems suspiciously similar to Marie Kondo's book *The Life-Changing Magic of*

Tidying Up. This book is full of generalizations, clichés, and assumptions. Relatively organized people will probably be able to follow this book, but someone in true need of help will be lost.

This book is a long infomercial. The essential information is on about two pages and that basically applies the Konmari process, from *The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing*, to other parts of her life too. Nothing new here. It sounds like she is more wanting to try to help others understand this process and how it worked for her, but she falls far short of Kondo's book in explaining it. Her methods come across more as "pushy" and unrealistically optimistic than helpful. She said she read about 10 books about how to organize or something similar to that and that they did not help her, but she did not list what they were. Books like *Getting Things Done: The Art of Stress-Free Productivity* and Kondo's will get you much further and with far more insight than this will.

I'm still reading this book but so far I'm so intrigued! The author provides specific ways to claim back your life and time in ways that make sense. I've given up on exercising and doing things for myself because there's always some chore to do. With her method I can schedule workout time and time for myself without feeling guilty about all the chores that need to be done because I have carved out a specific time for each of my to do items. I'm excited to get back from vacation and implement all her strategies. I really think that this will help me organize my life and home. Highly recommended!

*Sorted: Freedom Through Structure* was an easy, quick read. The content was well laid out and easy to follow. The step by step directions will make it easy for anyone who wants to get their life SORTED. She is highly motivating. Gillian has taken advice that I've seen from several other sources and integrated it to create a system that is easy to follow. I have no doubt that by following this plan, the reader will have success and freedom. I will be rereading it and following her process as I sort my own life.

I read the entire book and I found one critically good idea for me. The first three steps of the SORTED acronym were all I needed and it's the "R" that struck a positive chord with me. I have too much, WAAAY too much craft stuff. I have read other authors who said gather it all in a pile and organize it into categories (the S and O for her system) and then they said to decide what to get rid of. Well, Gillian described this third step as "Reclaim". I interpreted that into "shop from my own store". Choose the things I would really like to have, keep, or would buy TODAY. I pared down 28

drawers of rubber stamps to 8 drawers that I will actually use. Similarly I pared down patterned and solid cardstock, ink pads, markers, tools, etc. One category at a time. I then invited my crafty friends to "shop" from my free boxes and will donate the rest to an art teacher. Other than that great re-interpretation, I found the book to be little new information. She is obviously very excited about getting her own life and home sorted. And, I agree with some of the other reviewers who said it was a bit "preachy" and "you must do....". I have found that having routines set to organize your life helps, but life (or at least my life) doesn't seem to fit so neatly into the rigid structure she says is necessary. In summary, I liked the book alright and am truly pleased for her to find out how to get things under control at a young age. I am grateful for the one really good twist in approach that helped me.

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