

# **De-Junk Your Life: Keys to taking control and feeling more organized.**

Isn't it time you put an end to the frustration that comes with all the JUNK in your life?

Learn how to:

- Tackle the 5 deadly P's – Procrastination, Perfectionism, and "Pack-Rat-itis".
- Decrease the emotional stress from unproductivity.
- Be more focused, no longer distracted by piles of stuff that need to be handled.