



Neat Freak Press

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A CHAPEL HILL AND CARRBORO-AREA CLUTTERBUSTER SORTS OUT THE STUFF.

Go ahead. Pick a closet, any closet. Take a peek in there. If you're anything like me, there's no telling what "treasures" you may find. Still got those report cards from fifth grade? Looking at your kids' baby clothes when little Susie has just turned 12? How about that T-shirt from a 1990 Aerosmith concert or the finisher's medal you got from your first 5k 13 years ago?

We love our stuff, so much so that sometimes it can be overwhelming. For many of us, the thought of going through, weeding out, and carting off ranks right up there with a root canal.

As a professional organizer, the founder of Neat Freak, and a contributor to the Fine Living Network television show "Time Makeover," Perri Kersh helps individuals and families find order and simplicity amid

the chaos, even when that seems nearly impossible.

"My job," Kersh says, "is to help my clients find a way to manage the things that get in the way of living the life they want to live. There's nothing worse than being uncomfortable in your own space."

Kersh says there are lots of techniques for getting organized, some as simple as taking photos of soon-to-be discarded items. "Basically, I am no different than a personal trainer," she says. "People sometimes hate the idea of exercise because it is challenging and takes time. It's not that different with trying to get organized. Just like a personal trainer, I help clients stay focused on the end result." □

—*Laurie Weaver*

For more information on simplifying your life, visit www.neat-freak.com.

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