

Book Recommendations from Clutter's Last Stand Workshop  
 presented by  
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Thought to ponder: You only have one life to live. How you live that life is your choice. As far as I know no one ever had "I wish I had bought more stuff inscribed on their tombstone". What you own can easily blind you to who and what you are and what you can be.

Title	Author	Description	Bracha Melzer's comments
The Life Changing Magic of Tidying Up	Marie Kondo	Her approach is to hold each item and see what it sparks within you.	Excellent - Her book is a good starting point for anyone looking to reduce their belongings but are afraid to let go of too much too soon.
Real Life Organizing	Cassandra Aarseen	Clean & Clutter Free within 15 minutes a Day	Very Good
What Your Clutter Is Trying To Tell You	Kerri Richardson	Uncover the message	Very Good
Spark Joy		An Illustrated Master Class On the Art of Organizing Tidying Up uses a category by category	Very Good
Clutters Mess to Organized Success	Cassandra Aarsen (she suffers with ADHS)	Lots of helpful tips and is jam packed with over 100 works sheets, forms, labels, and schedules.	Very Good
The Joy of Less	Francine Jay	Her book is divided into the philosophy of streamlining room by room and lifestyle.,	A very good book. I love her quote "your home is your living space, not storage space".
Clutter Free	Kahi Lips	Less of a how to guide more of why and how we accumulate clutter, why we keep it and the overall cost of clutter on our physical and mental being	Good
It's All Too Much	Peter Walsh	Covers excuses, getting rid of excesses, provides actionable steps and also touches on how cluttered environment affects our health.	
31 Days to a Clutter Free Life	Ruth Sounkup	Handy guide complete with check list and daily task.	If you are willing to go on line and work with her. Ruth does a good job of dividing the

Unstuffed	Ruth Sounkup	Focuses on 3 areas home, mind, and soul.	Good
The Hoarder in You	Dr. Robin Zaso	Very psychological, however last 3 chapters are devoted to teaching you how to reduce your clutter once and for all.	There are other more useful books, books more useful.
Clutter Free-Simply Your Life	Leo Babauta and Courtney Carver	This little decluttering guide is a quick informative read. Leo has 6 kids, Courtney has teenage daughter.	Section 1 – emotion behind decluttering Sections 2 & 3 how to clear clutter, also list of resources available or donating, selling, and giving away stuff.

## Suggestions where you might want to donate your “stuff”

**Bike Gemach** - Leave a message about what kind of bike you have or need. Call: (718) 338-5910



### One of my favorite places to donate is

**201-479-8953** Pick Purple is a project of Batya a 501(c)3 non-profit organization. You call and make arrangements with them to pick up your “stuff” They require a minimum of 3 large black garbage bags. Pick Purple will put your clothes, shoes and stuffed animals to use with all profits to charity. De-clutter. Recycle. Receive a tax deduction. All clothing donated to Pick Purple is sorted and put to use based on its condition. Clothing is reused in the used clothing market, servicing needy people with affordable clothing. All profits generate funds for Batya, where we are dedicated to empowering teenage girls, creating the leaders of the next generation. Batya is a place to belong for teenage girls - a place to smile, chill, learn, laugh, and grow! The assorted weekly programs are tailored to suit the varying needs and interests of today's teens. Throughout the year they run an incredible array of trips and events designed to strengthen relationships, skills, and self-awareness, while encouraging our girls to 'love life' with a fun and upbeat approach. With branches throughout New Jersey, Long Island, and in Florida, Illinois and Maryland, Batya is touching and making a huge difference in the lives of hundreds of girls.

### **Clothing Gemachs**

**Boy's Coat Gemach** - Call: (718) 331-9634

**Boy's Suits and Pants Gemach**-Blue and black suits and pants in perfect condition. Sizes 4-18. To donate or receive, call: (718) 437-1983

**Chesed Center** - We pick up clothing, shoes, toys, electronics, etc. Call: (347) 837-8256

**Clothing Drop Off** - 1685 43rd Street

**Clothing Gemach** - Free pickup of clothing, toys, or home goods. Call or text: (347) 978-6544

**Gemach Malbushei Yisroel** - Bekishes and Chassidishe suits and coats for bochurim and men in brand new condition. Call: (718) 435-3822

**Headcovering Gemach**

Snoods, tichels, headbands etc, all proceeds go to tzedakah. Call: (718) 755-6877.

**Ladies Hats**- Gently used weekday and Shabbos hats. Donate/receive at 1345 41st Street, 1st fl. btn doors.Call: (718) 972-3211

**Tichel Gemach** - Silk tichels to donate or receive. -Call: (718) 854-1514

**Men's Hat Gemach** - We take your worn but usable condition hats and give it to needy Bnei Torah in Eretz Yisroel. For drop off location, call: (718) 338-3895

**Manhattan Clothing Gemach** -For men's, women's, and children's clothing. Call: (212) 724-2700 for an appointment.

**Men's Coats** - In good condition only. Donate or receive. If donating, please mark size on left sleeve. 4435 18th Ave. Right bell. Mon-Thurs 5-9pm.

**Robe Gemach** - Call: (718) 645-6715 or (718) 866-5878

**Staten Island Children's Clothing** - Sizes 0-24 months. Call: (718) 873-7386

**Young Israel of Brighton Beach** - We pick up and give away clothing in good condition. Call: (718) 385-5002 (Flatbush only)

**Surgical Stockings** - To donate to women in Eretz Yisroel. Call Silksation Plus at: (718) 435-3986

**Children's Boot Gemach** Did your children outgrow their boots and still in great condition? Call: (718) 435-7848 or (917) 538-9162

**Maternity Gemach**

**Boyan Simcha Maternity Gemach** - Only elegant maternity outfits/mostly dresses.Weds 8-9pm, 1325 56th Street.Call Melamid at: (718) 871-2005

**Maternity Gemach of Queens** - Weekday clothing given away for free. Call evenings only: (718) 544-9218 To donate, call: (718) 263-1055

**Maternity Clothing Gemach** - To donate or receive new or like-new. - Call: (718) 338-3732 or (646) 320-6627

**Simcha Baila Maternity Simcha Wear** - Call Mrs. Wachs at: (718) 951-7977 or Mrs. Goldbrenner at: (718) 338-2535

In Lakewood call: (732) 942-1076 In Passaic call: (973) 779-2648 - In Toronto call at the beginning of the week for hours. Most gowns cost \$50: (416) 932-6632

Project Maschon, 168 39<sup>th</sup> Street, Brooklyn, NY11232 – 718-449-6673 Vans will pick up clothing (and furniture) and then deliver it to needy Jews in several neighborhoods in and around New York City.

UMBRELLA GEMACH - Maplewood, N.J.-based Umbrella Clothing Collection will pick up articles of clothing and other fabric-based goods such as linens or towels, even soft shoes. You can also drop off articles for Umbrella Clothing Collection to distribute at the Jewish Center of Teaneck, 70 Sterling Place, Teaneck, NJ 07666, 201-833-0515.

Yad Leah will accept used clothing in excellent condition to be sent to Israel. This is a national nonprofit organization Drop-off your clothes at one of the Northern New Jersey drop-off centers. For Locations, hours, and directions email [info@yadleah.org](mailto:info@yadleah.org) or call our office 973 955-0861

**Exercise Equipment Gemach (Zichron Tzvi) Give away or obtain exercise equipment (treadmill, stationary bicycle, elliptical, etc.). Text details of the equipment you have or are seeking (type, age, condition, where located). Be sure to state “giving” or “seeking.” We do not store any equipment. We try to match the people giving with the people seeking. Text: (347) 424-3335**

**Furniture** Call: (516) 569-8581

**Furniture Gemach** Call: (718) 773-1920 (Crown Heights)

**Furniture Gemach** - Call: (718) 544-1396

**Furniture and Large Appliances** - Call F. Levy: 718-438-5669 or R. Pollack: 718-339-0915

**Furniture, Clothing, Appliances and Bric-A-Brac Gemach** - Call: (516) 741-4761 or (516) 476-0845. We will call you within 24 hours to schedule a pickup. Brooklyn/Queens/Long Island only.

**Furniture Gemach Zichron Shimon** - Call: (718) 336-1888

**Furniture and Appliance Gemach** - To donate or receive. Please text a picture-include name, address, phone number, & measurements. Text: (917) 361-8268

**Furniture, Major Appliances and Baby Equipment** - To donate or receive. Call: (718) 972-3211

**Baby Furniture Myad L'yad – Nshei Ahavas Chesed** - Furniture given away & donations accepted. 718-436-9088 (day) or (718) 972-8702

**GPS Gemach** Call: (718) 972-2580

**Heaters and Air Conditioners** - Call: (347) 232-6832

**Keren Memalei** - Will find someone who can use your crib, swing, playpen, etc. Call Mrs. Loeb (718) 377-3810

**Laptop Gemach** - Donate your laptop in usable condition for children with special needs. Call: (646) 5-GEMACH

**Leather Briefcase Gemach**-Black leather briefcase with matching black leather portfolio available for those going on corporate interviews. Call: (347) 424-3335

**Linen Gemach** - Linen in perfect condition accepted and given away to those in need. Full sets only. Call: (718) 853-6481

**Brooklyn Sheitel Gemach**- To donate a new or used sheitel in good condition. Call: (718) 377-8227 (Flatbush)

**Sheitels for Needy Kallahs** - Brand-new and beautiful European hair sheitels for kallahs in need. Limit of 1 sheitel per kallah. Price: \$500 (Originally priced over \$1200). Approval will be based on 2 references. - Call Tzipi: (917) 213-9919

**Sheitel Gemach** - If you need a sheitel or if you have an old sheitel that you are no longer wearing and would like to donate it to someone who can't afford one. Call: (917) 301-7728 (Kew Gardens Hills)

**Sheitel Gemach** - Sheitels in excellent condition sent to Eretz Yisroel. Drop off at 4217 16th Avenue, Apt C3. Call: (718) 435-5760

**Yad Rivka Sheitel Gemach** - Sheitels in excellent condition sent to Eretz Yisroel. Call: (718) 951-1799

**Physical Therapy Equipment Gemach Borrow from or add to this collection of equipment used for home exercises prescribed by a physical therapist. Currently available ankle weights, medicine ball and stretching cane. Call: (347) 424-3335 and leave a message.**

**Toys and Book Gemach - Don't know what to do with your extra toys/books? Bring them to 4702 15th Avenue Apt C-3 or call: (718) 854-2413**