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system as a way to get my life back in order and am providing honest opinions in this video series. These videos are for the purpose of reviewing the method.

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Fly out of CHAOS (Can't Have Anyone Over Syndrome) into Order—one baby step at a time. With her special blend of housecleaning tips, humor, and musings about daily life, Marla Cilley, a.k.a. The FlyLady, shows

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you how to manage clutter and chaos and get your home—and your life—in order. Drawn from the lessons and tools used in her popular mentoring program, the FlyLady system helps you create doable housekeeping

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routines and break down overwhelming chores into manageable missions that will restore peace to your home—and your psyche. Soon you'll be able to greet guests without fear, find your keys, locate your kids,

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and, most of all, learn how to FLY: Finally Love Yourself.

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Anyone Over Syndrome).  
Taking a "baby-steps"  
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Diva and creator of the Saving Dinner series, team up to teach readers how to handle and erase the clutter they carry on their bodies and minds when it comes to body image. The FlyLady and Leanne say that it's not

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about finding the perfect diet, it's about the way you feel about food and your body and understanding sound nutrition. With warm voices, unique lingo, and no preaching, they apply a step-by-step technique, coaching

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the readers from beginning to end and sharing their own success stories along the way.

With the help of New York Times bestselling author and housekeeping guru Marla

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Syndrome? If your house is a jumble of dirty dishes, piles of paper, and never-ending laundry, you are probably afflicted. But don't give up hope, because now there's an antidote: The CHAOS Cure. In her eagerly

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anticipated new book, Marla Cilley--aka "The FlyLady" to the hundreds of thousands who visit her website for daily domestic inspiration--reaches into our homes to help make housecleaning more

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meaningful and life less  
messy. With a little bit of  
armchair therapy and plenty  
of practical, tactical  
tips--such as "On the Fly!"  
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help us get our houses in



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shipshape order before we can break a sweat. Along the way, the FlyLady teaches us to embrace household maintenance as an act of self-care, and to enjoy the soothing satisfaction of an orderly habitat. Before you

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know it, you'll be on the fast-track to living CHAOS-free, surrounded by sparkling serenity.

Two sisters share the system of organising household chores that they created to

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make managing a home less time consuming and more efficient, in an updated handbook that explains how to reduce chaos and clutter and achieve organisation in the home.

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Certified nutritionist Leanne Ely has a simple philosophy: “Make it and they will come.” Dinner, that is. Take-out, opening a can, or microwave fare shouldn’t pass for a nice, healthy meal—and nothing can

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replace a family's time together. Believe it or not, preparing dinner can be a stress-free endeavor. Even your time in the supermarket can be cut in half! Full of practical tips on simple, healthy meal planning,

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Saving Dinner is the ideal solution for today's busy parents who would love to have their family sitting around the dinner table once again—sharing stories along with a nutritious meal. Efficiently divided by

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season, each section features six weeks of menus with delicious recipes, side dish suggestions, and an itemized grocery list that is organized by product (dairy, meat, produce) to make one-stop shopping a

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snap. Plus the book is packed with helpful hints and short cuts in the kitchen that make cooking easier and more fun. From Big Basil Burgers and Salmon Carbonara to Crockpot Chili and Spicy Apricot Chicken,



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Saving Dinner will have your family coming back to the table—and back again for seconds! Leanne Ely is considered the expert on family cooking and healthy eating. Between her popular “Heart of a Woman” radio

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show in Southern California and her weekly “Food for Thought” column on the ever-popular Flylady.net Web site, thousands of fans have already discovered Leanne’s secrets to easily prepared, well-balanced meals.

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THE SUNDAY TIMES BESTSELLER  
The Organised Mum Method is  
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revolutionise your home. Say  
goodbye to mess, clutter and  
weekends spent tidying and

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cleaning! Gemma Bray (a.k.a The Organised Mum) is a firm believer that there is more to life than housework, and over the last decade she has perfected The Organised Mum Method (TOMM).\* The Organised Mum Method is a

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structured, manageable and ultra-efficient cleaning routine that ensures all areas of the home are taken care of. It's easy to follow, effective and ensures that everything gets done in just 30 minutes a

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day, Monday to Friday ...  
and you get weekends off!  
Perfect for existing fans of  
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Organised Mum Method  
includes life-changing tips,

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tricks, cleaning schedules, shopping lists, meal plans and quick recipes that will help you get your housework done fast. \*Don't worry dads -- it works for you too.

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disorganised person never seems to lose their toothbrush? How can this simple fact solve all our clutter problems? The Toothbrush Principle is a simple yet inspired approach to de-cluttering your home.



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Whether you live in a mansion or a bedsit, this book will show you how to: organise according to the unconscious blueprint that naturally tidy people have, so that getting and staying organised is easy; know what

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to throw away with confidence; set up your wardrobe so you get much more use out of the clothes you have; work from home productively in a clear, designated space; tame your inbox! Step-by-step, room-by-

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room, you'll soon find that you hardly ever lose things, massive clear outs become a thing of the past and you never spend more than 10 minutes a day tidying up. So stop drowning in piles of clutter, learn how to be

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organised and start creating  
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In Sink Reflections, Marla  
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helped hundreds of thousands  
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overwhelming household  
C.H.A.O.S. (Can't Have  
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Taking a "baby-steps"  
approach, she offered little  
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wipe out clutter and  
feelings of inadequacy. Now,

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in Body Clutter, the FlyLady and Leanne Ely, the Dinner Diva and creator of the Saving Dinner series, team up to teach readers how to handle and erase the clutter they carry on their bodies and minds when it comes to

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body image. The FlyLady and Leanne say that it's not about finding the perfect diet, it's about the way you feel about food and your body and understanding sound nutrition. With warm voices, unique lingo, and no

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preaching, they apply a step-by-step technique, coaching the readers from beginning to end and sharing their own success stories along the way.



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