Below are some books you might find helpful in this process. They are not required reading. I’ll be covering information from all three, with a few adjustments for American living. The first two are mostly about the process. The third is just a hoot to read – it’s my favorite.

_the art of d*scard*ing_, by N. Tatsumi

_the life-changing magic of tidying up_, by M. Kondo

_goodbye, things_, by F. Sasaki