

Download PDF Online Book A Mágica Da Arrumação - Marie Kondo Free EBook PDF/ePub/Mobi



Download PDF Online Book A mágica da arrumação Marie Kondo Free eBook PDF/ePub/Mobi, *A mágica da arrumação* se tornou um fenômeno mundial por apresentar uma abordagem inovadora para acabar de vez com a bagunça. Aos 30 anos, a japonesa Marie Kondo virou celebridade internacional, uma espécie de guru quando o assunto é organização.

Seu método é simples, porém transformador. Em vez de basear-se em critérios vagos, como "jogue fora tudo o que você não usa há um ano", ele é fundamentado no sentimento da pessoa por cada objeto que possui.

O ponto principal da técnica é o descarte. Para decidir o que manter e o que jogar fora, você deve segurar os itens um a um e perguntar a si mesmo: "Isso me traz alegria?" Você só deve continuar com algo se a resposta for "sim".

Pode soar estranho no começo, mas, acredite, é libertador. Você vai descobrir que grande parte da bagunça em sua casa é composta por coisas dispensáveis.

Prático e eficiente, este método não vai transformar apenas sua casa - ele vai mudar você. Rodeado apenas do que ama, você se tornará mais feliz e motivado a criar o estilo de vida com que sempre sonhou.

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