

Peter Walsh "It's All Too Much"

p.30 Shopping is the most accessible form of stimulation.

p.1 Having more possessions may be more suffocating than liberating.

p.34 If our focus is constantly on what might be, we lose the present and the present, like it or not, is the only thing we have.

p.41 If you always add and never subtract – you will bury yourself.

p.46 The things you own should be tools to achieve your dreams and goals, not hurdles that impede your progress.

p.53 Have nothing in your house that you do not know to be useful, or believe to be beautiful.

p.91 Life is lived in the present, not in the future or past.

p.178 In 1996 psychologists defined hoarding syndrome as a psychological disorder.

p.186 Maintenance begins when you've reached your ideal.