

The mounting emotional toll of clutter

Free yourself from the emotional drain caused by clutter - decluttering sets you free from the chaos caused by the emotions of stuff you cling onto

PERTH, WESTERN AUSTRALIA, AUSTRALIA, February 1, 2017 /EINPresswire.com/ -- The emotional toll of clutter.

Free yourself from the emotional drain caused by clutter - [decluttering](#) sets you free from the chaos caused by the emotions of stuff you cling onto.

An overstuffed wardrobe creates anxiety, clutter causes stress, and an overstuffed wardrobe makes the simple task of selecting an outfit an exercise fraught with anxiety.

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Karen Kingston

“When all your available space is filled with clutter, there is no room for anything new to come into your life,” writes Karen Kingston, author of *Clear Your Clutter with Feng Shui* (Three Rivers Press, 1999). “Your thoughts tend to dwell in the past, and you feel bogged down with problems that have dogged you for some time. You tend to look back rather than forward in your life, blaming the past for your current situation rather than taking responsibility for creating a better tomorrow.”

Revitalize your life by decluttering!

[Dress Circle Emporium](#) says the New Year is a perfect time to reassess your wardrobe, discard what you don't use, and simplify your morning routine by only retaining pieces you actually will Wear.

A rule of thumb is to toss anything you haven't worn in the past year. You may want to take the advice of Marie Kondo, author of *The Life-Changing Magic of Tidying up*, and keep only things that bring you joy. After your wardrobe purge, you will be left with a pile of clothing and accessories in need of a new home.

The faded and pilled jumpers stretched out shirts and worn shoes probably should be tossed into the bin, but some items definitely still have value. That dress you bought to wear to your cousin's wedding and never wore again? You could turn it into cash. Those designer jeans you bought because they were a great bargain, but decided they just didn't fit right?

Turn your discards into dollars by consigning with Dress Circle Emporium, the place to get top dollar for your designer clothing, accessories and shoes. This upmarket boutique takes lightly used high end women's and menswear clothing, bags and accessories and pays consignors 50 percent of sale price. Styles must be recent, be like-new, clean and wrinkle-free. No appointment is needed; just



bring in your gently used items during business hours.

The Dress Circle Emporium experience is a positive recycling testament: Shoppers are thrilled with their bargain priced fashion finds; while the [consigners](#) enjoy their happy bonus of getting cash for their clothes and the environment wins!

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