

National Moving Month: Author and Expert Robert Esposito Shares Cost-Cutting Tips and Stress-Reducing Strategies

Robert Esposito highlights National Moving Month with the importance of having effective strategies for cutting moving costs and time saving tips.

HAUPPAUGE, NY, UNITED STATES, May 6, 2025 /EINPresswire.com/ -- National Moving Month puts a spotlight on the importance of having effective strategies for cutting moving costs, which have surged by over 30 percent in the past five years. Moving is often ranked as one of life's greatest stressors, just behind death and divorce. With costs on the rise, many families face the added pressure of staying within a tight budget while navigating life-changing transitions. [Robert Esposito](#), author of the critically acclaimed book [Nobody Move \(Without Reading This\)](#), empowers people in the moving process with practical advice to make the process smoother, more cost-effective, and less emotionally taxing.

"Moving is more than just relocating possessions," says Esposito. "It's about managing expectations, emotions, and logistics. Planning ahead and enlisting support can make all the difference."

Esposito's book emphasizes the importance of early preparation, checklist development, and open communication with family members. He also encourages individuals to recognize the inherent stress of moving and to reach out to movers and real estate professionals for ideas and support. His book offers hundreds of moving and stress reduction tips and strategies. These are several of the [top cost-saving tips](#):

Time is Money: Esposito advises saving on labor costs by preparing in advance—disassembling furniture, unmounting TVs, and packing fragile items before movers arrive.



Robert Esposito provides cost saving tips for National Moving Month

Declutter Before Moving: Donate, discard, and sell as much as possible and what they are willing to part with; the less that needs to be moved, the less it will cost.

Color Coding and Layouts: Assign color codes to boxes and share detailed furniture layouts with movers ahead of time to speed up the process.

Heavy-Duty Hacks: Use construction bags to pack blankets and pillows—they double as cushioning for fragile items in the moving truck.

Choose Off-Peak Times: Plan your move during non-peak seasons to save on premium charges often associated with summer moves.

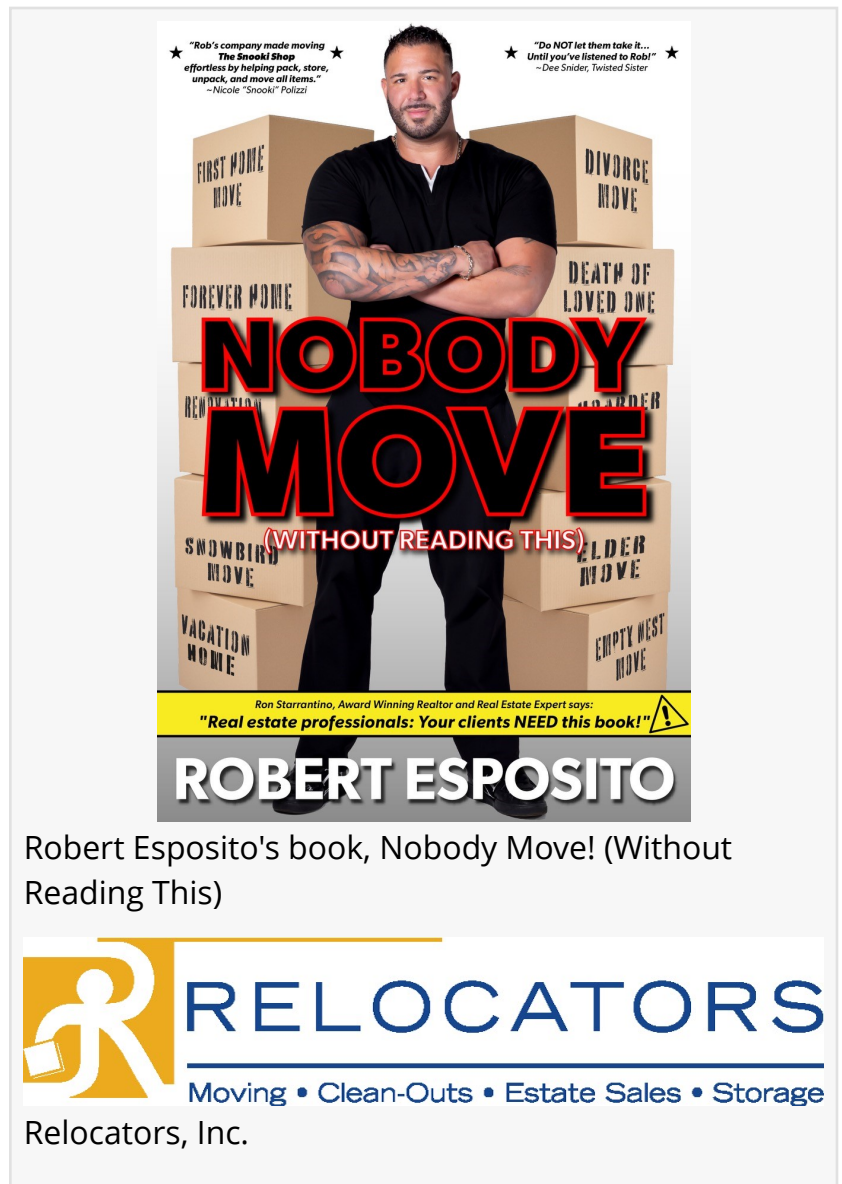
Additionally, Esposito recommends looking into federal and state tax deductions for certain moving expenses and comparing quotes between moving companies, as many offer price-matching guarantees.

About Robert Esposito:

Robert Esposito is a respected moving expert and the author of Nobody Move (Without Reading This). His book serves as a comprehensive guide to help readers navigate the moving process, with tips on reducing stress, maximizing efficiency, and cutting costs.

As National Moving Month approaches, Esposito encourages those planning a move to prepare early, ask for help, and focus on the opportunities a new home represents. With the right strategies, moving doesn't have to break the bank—or your spirit.

To learn more about Rob Esposito and Relocators, visit www.usrelocators.com. "Nobody Move (Without Reading This)" is now available for purchase on Amazon. For custom and bulk orders, please visit <https://nobodymovebook.com/>.



Robert Esposito's book, Nobody Move! (Without Reading This)



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