

# CLUTTER IS BAD FOR YOU

Read the text and choose the correct word.

Everyone has to tidy up around the house sometimes, but the new idea known as "de-cluttering" goes (1)\_\_\_\_\_ than that. By showing you how to get (2)\_\_\_\_\_ of all things you don't need, de-cluttering can actually help you (3)\_\_\_\_\_ a healthier, less stressful lifestyle. At least, that is the belief of professional "de-cluttering consultant", Clare Davis. Clare visits her clients in their homes and (4)\_\_\_\_\_ them on what to keep, what to throw out, and how best to (5)\_\_\_\_\_ the furniture and storage space.

But Clare does more than just tidying a desk or (6)\_\_\_\_\_ out a wardrobe that is stuffed with last year's fashion items. She aims to (7)\_\_\_\_\_ to the root of the problem. According to Clare, if your home is disorganized and untidy then so is your mind, and your happiness and health will (8)\_\_\_\_\_ as a result. She believes that everything in the house should either have a (9)\_\_\_\_\_ or be something you really cherish. Many people (10)\_\_\_\_\_ on to things for the wrong (11)\_\_\_\_\_. And so the first (12)\_\_\_\_\_ in Clare's de-cluttering program is to remove everything her clients don't need, like clothes they have grown (13)\_\_\_\_\_ of and objects they no longer need.

Clare's clients speak (14)\_\_\_\_\_ of her. All sorts of people from writers to computer program have said they (15)\_\_\_\_\_ her service useful. Many have said that her de-cluttering program has (16)\_\_\_\_\_ them to become more organized.

