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 you 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.

LIVEWORKSHEETS