

HINTS FOR HOMEOWNERS

Stress-Mess Makeover

(NAPSA)—Can a clean home bring you happiness? Yes, says author and interior designer Paula Jung. She has helped hundreds



Paula Jung

of clients suffering from what she describes as “stress-mess” to enjoy the serenity of an orderly home.

Her formula for cutting clutter (by 50 percent, she promises), minimizing cleaning and increasing comfort are found in her book “Cleaning and the Meaning of Life” (\$12.95, Health Communications).

Her words of domestic wisdom are incorporated into lighthearted chapter titles such as, TMS—Too Much Stuff Syndrome, The Secrets of Highly Effective Closets, The Procrastinator’s Guide to Purging and Your Astrological Cleaning Style.

Tips include how to lighten your laundry load, which colors and patterns keep a home cleaner and how to create an inexpensive home retreat.

The book helps readers make the most of their lives by giving them a clean and comfortable home—and the time to enjoy it. Not about dusting faster or scrubbing deeper, the playful and practical guide explores the philosophy of and the motivation behind cleaning and making a home.

Jung is the author of “How to Avoid Housework” and “Guests Without Grief.” The book is available in bookstores, by visiting www.hci-online.com or calling 800-441-5569.