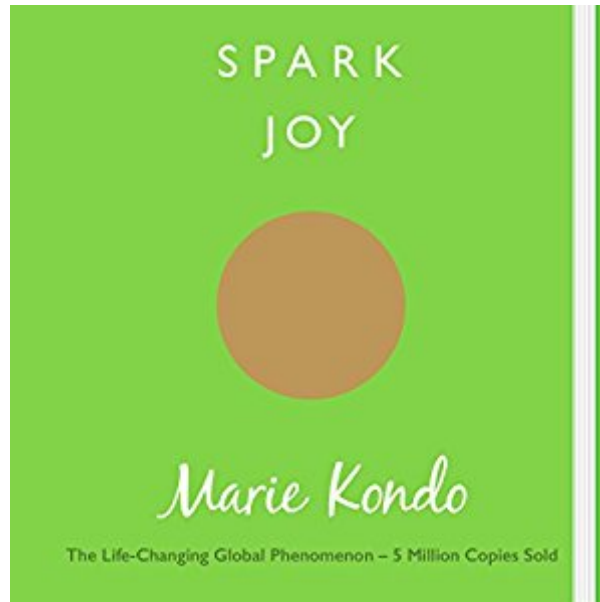


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# Spark Joy



## Synopsis

Random House presents the unabridged downloadable audiobook edition of Spark Joy by Marie Kondo, read by Sumalee Montano. Spark Joy is an in-depth, room-by-room guide to decluttering and organising your home. It covers every room in the house, from bedrooms and kitchens to bathrooms and living rooms, as well as a wide range of items in different categories, including clothes, photographs, paperwork, books, cutlery, cosmetics, shoes, bags, wallets and valuables. The secret to Marie Kondo's unique and simple KonMari tidying method is to focus on what you want to keep, not what you want to get rid of. Ask yourself if something 'sparks joy', and suddenly it becomes so much easier to understand if you really need it in your home and your life. When you surround yourself with things you love, you will find that your whole life begins to change. Marie Kondo's first book, The Life-Changing Magic of Tidying, presents her unique tidying philosophy and introduces listeners to the basics of her KonMari method. It has already transformed the homes and lives of millions of people around the world. Spark Joy is Marie Kondo's in-depth tidying masterclass, focusing on the detail of how to declutter and organise your home.

## Book Information

Audible Audio Edition

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## Customer Reviews

Mari Kondo's first book covered her method pretty thoroughly, so I wasn't sure whether this one would be worth the purchase. If you aren't sure which to buy first, I would say the first book does a better job of explaining her attitude towards tidying and this book has better practical advice. In a nutshell, the konmari method involves getting rid of anything in your life that doesn't spark joy.

Starting with clothes, you go through each item and decide what stays or goes based on whether or not it sparks joy when you hold it. Joy is the only criterion: 'If it makes you happy, then the right choice is to keep it confidently, regardless of what anyone else says.' The illustrations are charming, but there aren't very many of them. The most helpful shows her famous folding method, which is something I didn't understand simply from reading the first book. (Youtube videos helped.) This book has around 10 diagrams for folding dresses, shirts, odd-shaped clothes, camisoles, parkas, etc. Apart from the folding instructions, the other images are simply cute images of rabbits putting things away, a perfectly tidied closet, etc. One of the criticisms of the first book is that it seems geared mostly towards people cleaning up their own mess, and that hasn't changed. For example, the section on handling stuffed animals is talking about your own plushies, not your children's. I wish there were more discussion of handling items belonging to family members and how to inspire them to tidy up too. Family is covered in one small section, and the main advice is simply to set a good example and accept others. It's easier said than done! Overall this is a fun read but not substantially different from the first book. This book has more explanation of the original advice, but if you understood it the first time around, you may not need it. There is a lot of repetition between the two books. However, it's an enjoyable read and may give you that last bit of motivation to tidy up once and for all. In addition to the extra folding help, it has more specific advice about handling certain types of items such as greeting cards, dishes, photos, etc.

I read *The Life-Changing Magic of Tidying Up* when it was released in late 2014. I found Marie Kondo's book both useful and charming. I am a somewhat sloppy person. Neither am I a hoarder, however. I found Ms. Kondo's advice useful in tidying up both my bedroom closets and kitchen. I was able to toss a number of clothing items which I had kept from a sense of guilt instead of joy. Similarly, I was able to let go of a number of kitchen appliances to which I had sentimental attachments but no use. Ms. Kondo's childish suggestion to thank my things before letting go was oddly touching and helpful with regard to certain items. I photographed a number of items before releasing them to GoodWill; this gave me an opportunity to acknowledge the memories they generated without retaining the objects themselves (which included a 40 year old blender, some old and hole-ridden t-shirts, and a coffee press which I have not used in over ten years). Ms. Kondo touches on a few of these elements in the introduction of her book as well. Ms. Kondo's new book, *Spark Joy*, contains further instructions. For example, she provides detailed diagrams explaining how to fold certain clothing items. These are things I wish I would have had when I read the original book. I also enjoyed pictures of organized spaces. There is something attractive about the spartan

simplicity of these arrangements, even if they are not for everyone. In the introduction Ms. Kondo highlights that it is good that this book has come later and serves the purpose for aiding those who are in mid-process, whereas those who are just starting may feel overwhelmed. I understand the rationale for not including as many diagrams in the first book, but, I do wish I had it when I was more invested in the process. In the Kindle version of the book, which I got, the first 900 locations (single page showing) is mostly verbal and revisits many of the aspects from her first book. Following this information, there is a "encyclopedia" section that has a large number of diagrams that are very easy to follow; especially with multiple folding techniques for clothing. There are additional paragraphs about specific items, with some pictures, but then the diagrams become less frequent. The abridged information on each section is useful though, and as Ms. Kondo references in her introduction, one can simply turn to the specific area and see what information Ms. Kondo provides for that specific section. There is also a very lovely section on working with others with regards to them being tidy. Ms. Kondo does a good job of helping an individual understand what they can do to help themselves, but still love others who may not have the same draw to being tidy. There is also, within this particular section, a conversation about working children into the process of learning how to fold, which will help them be tidy as well. Must you accept every one of Ms. Kondo's recommendations? I do not think so. For example, Ms. Kondo recommends eliminating extra books. But I am not about to whittle my book collection down to thirty volumes. I find myself going back to certain books again and again, or referring to something I had read years before. But I can still cull out certain books. Nor am I going to rid myself of my file cabinet and all its contents. But I do not need to maintain monthly copies of my cable and water bills, nor do I need to maintain handouts from old seminars. However, a year after reading her original book, I still find myself meditating while I fold clothes and tidy up my drawers, which is truly a bit of life-changing magic. This particular book is a nice addition, giving further insight, reminders, and guidance on the process of creating joy while organizing.

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