

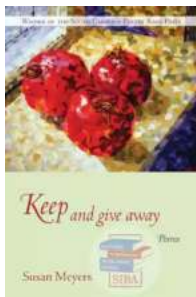
Declutter your Life: Keep And Give Away to Live More Meaningfully!

Are you tired of living in a cluttered space, feeling overwhelmed by the belongings that surround you? Do you wish to find peace and contentment amidst the chaos? The answer lies in a simple yet powerful concept called "Keep And Give Away". In this article, we will explore the art of decluttering and how it can bring significant changes to your life.

The Power of Decluttering

Clutter not only takes up physical space but also has a profound impact on your mental and emotional well-being. Studies have shown that a cluttered living environment leads to increased stress levels, decreased focus, and a general sense of unease. It is time to take back control of your life by decluttering your surroundings.

However, decluttering is not just about getting rid of things; it is about making conscious decisions about what you choose to keep and what you give away. This is where the concept of "Keep And Give Away" becomes essential.



Keep and Give Away: Poems (South Carolina Poetry Book Prize) by Susan Meyers (Kindle Edition)

★★★★★ 5 out of 5

Language : English
File size : 502 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 104 pages



The Keep Pile: Striking a Balance

The keep pile consists of items that truly add value to your life. These are things that bring you joy, serve a purpose, or have sentimental value.

Instead of mindlessly holding on to everything, take a moment to evaluate each item and ask yourself whether it brings you happiness or contributes positively to your life.

Creating a keep pile will not only help you determine what truly matters but also enable you to appreciate and cherish those items even more. With a more selective approach, your living space will feel less cluttered, giving you room to breathe and think clearly.

The Give Away Pile: Sharing Your Blessings

Now that you've identified the items you truly cherish, it's time to let go of the rest. The give away pile includes items that no longer serve a purpose in your life or bring you joy. However, just because these items are no longer useful to you doesn't mean they are worthless.

The give away pile is an opportunity to spread happiness and make a positive impact on someone else's life. Consider donating these items to local charities, shelters, or people in need. By giving away your excess belongings, you are not only decluttering your space but also contributing to a greater sense of community and empathy.

A More Meaningful Life

The act of decluttering through the keep and give away process goes far beyond creating a tidy space. It sets the foundation for a more meaningful life.

By focusing on the things that truly matter, you develop a sense of gratitude for the invaluable items in your keep pile. Each possession becomes a cherished memory or a tool that helps you achieve your goals. This shift in mindset allows you to appreciate what you have instead of constantly seeking more.

Moreover, the act of giving away your excess belongings fosters a sense of empathy and generosity. It reminds you that happiness lies not in material possessions but in spreading kindness and making a difference in the lives of others.

The Long-Term Benefits

As you continue to embrace the art of keep and give away, you will notice long-term benefits that extend beyond your immediate surroundings.

Your mental and emotional state will improve as you declutter your physical space. The reduced stress and sense of overwhelm will allow you to focus on what truly matters, leading to increased productivity and creativity.

Your relationships will flourish as you prioritize experiences and connections over material possessions. By letting go of excess belongings, you create room for meaningful interactions and quality time with loved ones.

Additionally, the act of giving away fosters a sense of purpose and fulfillment. Knowing that you have positively impacted someone's life, even in a small way, brings immense joy and satisfaction.

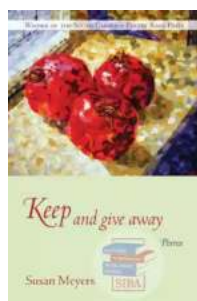
The Journey Begins

Now that you understand the power of keep and give away, it's time to embark on your decluttering journey. Start small by focusing on one area of your home or office, and apply the keep and give away process to each item you encounter.

Remember, decluttering is not a one-time task but an ongoing practice. Regularly assess your belongings and make conscious decisions about what you choose to keep and what you can give away.

As each item finds its rightful place in your keep or give away pile, you will experience a renewed sense of clarity, peace, and purpose. Embrace the art of keep and give away, and unlock a more meaningful life.

Remember, keep what matters, and give away the rest!



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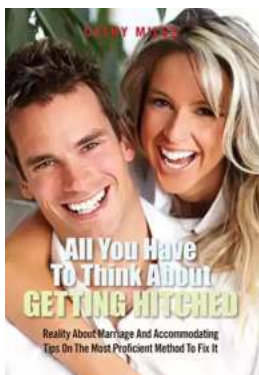
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Poems of discovery and loss pull the magical from the mundane

Keep and Give Away was selected by Terrance Hayes as the inaugural winner of the South Carolina Poetry Book Prize sponsored by the South Carolina Poetry Initiative.

In her first full-length collection, Susan Meyers guides us through her examination of life's ordinary moments and the seemingly ordinary images that abide in them to reveal the extraordinary. From minutia to marriage, crumbs to crows, nothing is too commonplace to escape her attention as she traverses terrains of childhood, loss, relationships, and death. Mostly lyrical and often elegiac, the poems of Keep and Give Away move along the rifts between the past and present, the lived and desired. The dominant emotions of the verses are deepened by observations rooted in our natural world, where birds are "yeses quickening the air" and the sky can "lap you up, and up." In the book's final section, marriage poems turn to fishing and gardening for their truths, contemplations that recognize the realities of a world governed by luck, imperfection, contraries, and—most of all—love.



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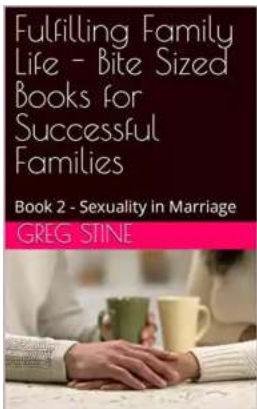
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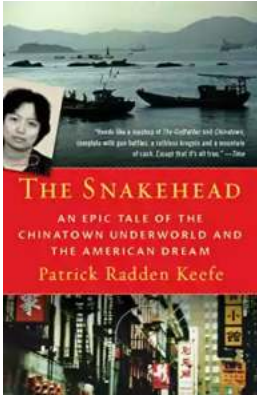
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