



Episode 16, “Getting Organized Part 2: Beyond Tidy”

Psychology of Organization:

- Read through Harvard Health Publishing’s article on [positive psychology!](#)
- Watch this TED Talk to learn [more about positive psychology.](#)
- Unsure [how positive psychology can help you?](#) Read this article from the University of Pennsylvania!

Organization Tips and Tricks:

- Read this article from Harvard Business Review on [how to set manageable goals!](#)
- Check out this NPR article describing their [decluttering philosophy.](#)
- Skim through Architectural Digest’s [59 Home Organization Tips](#)
- Do you struggle with finishing tasks?
Read this article from Psychology Today for some [tips on how to finish your tasks!](#)
- Watch this TedTalk about [simple steps to organize your life!](#)

Resources from the Library and our Special Guests!:

- [Beyond Tidy: Declutter Your Mind and Discover the Magic of Organized Living](#)
by Annmarie Brogan and Marie Limpert.
- Check out Annmarie and Marie’s [website!](#)
- Look through the social media platforms of Annmarie and Marie’s business, **OrganizeMeNY!**
[@organizemeNY – Instagram](#)
[@beyondtidybook – Facebook](#)

Time Stamps:

00:00 - Introduction, outlook on organization and writing the book

08:30 - The eight principles identified

10:26 – How to set a manageable goal

14:48 – Establishing clear zones and having a vision for the space

17:55 – Difficulty with finishing the task

20:42 – Types of clutter and prime real estate

30:00 – Success stories

35:00 – Developing organization as a skill