

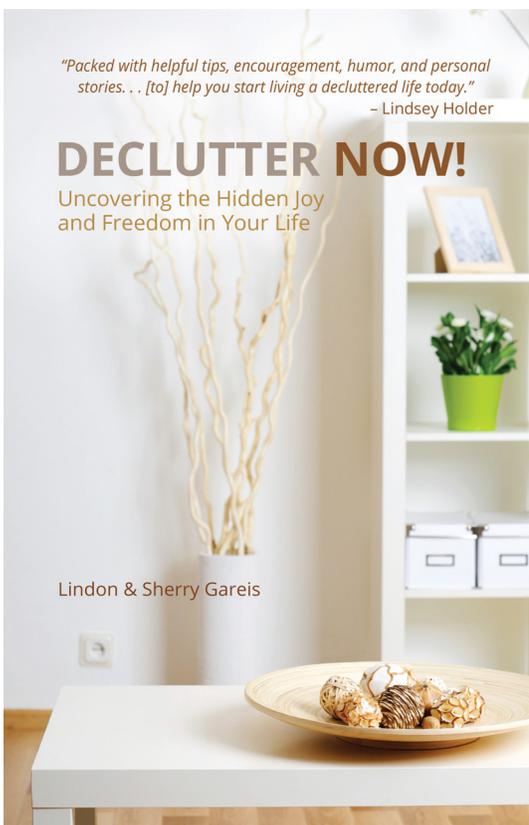


news release

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TRANSFORM EVERY AREA OF YOUR LIFE WITH THE HELP OF DECLUTTER NOW! UNCOVERING THE HIDDEN JOY AND FREEDOM IN YOUR LIFE *DECLUTTER NOW! IS THE FIRST COMPREHENSIVE GUIDE ON DECLUTTERING YOUR HEART, MIND, BODY, SOUL AND HOME*



FOR IMMEDIATE RELEASE: Negative clutter can invade every area of your life—not just your closets. Relationships, finances, kids, jobs, health and spiritual wellbeing are all adversely impacted by the unnecessary and harmful stuff we accumulate and hold onto. That could be physical junk or emotional baggage. Husband and wife Lindon and Sherry Gareis, authors of *Declutter Now! Uncovering the Hidden Joy and Freedom in Your Life* (Ambassador International; August 2012; \$13.99, paperback) know this from firsthand experience. “This clutter gripped Lindon and I and held us back from the freedom to enjoy what we really felt called to,” explains Sherry. “And that was ministry.”

Declutter Now! encourages readers to declutter every area of life: your heart, mind, body, soul and home. “We find false security in our stuff. We keep company with the wrong people for the wrong reasons. We hold on to negative and painful feelings,” says Lindon. “Think about all of the unnecessary things we gather from these behaviors and choices—stagnant lifestyles, needless and excessive stuff, financial debt, obligation, guilt, extra weight, anger, hurt, discontentment, addictions; the list is endless.” *Declutter Now!* will help the reader let go of those negative influences that impact our quality of life and our relationship with God. Since decluttering removes what you don’t need and gives you more of what you do, it only makes sense your spiritual journey will benefit too.

Lindon and Sherry Gareis, certified Christian Life Coaches from Glendale, Arizona, are the founders of Action Plan Ministries. Their blended family includes three sons and one daughter – Trent, 25, Ryan, 24, Devin, 22, and Sarah, 22. Lindon and Sherry love being outdoors, love being together, and are committed to a lifelong honeymoon.

For interview requests please contact publicist Alison Storm at media@emeraldhouse.com. Fans are invited to join the free 40-day Declutter Now! Challenge at [Facebook.com/DeclutterNow](https://www.facebook.com/DeclutterNow).

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ABOUT THE PUBLISHER: Ambassador International was founded in 1980 in Belfast, Northern Ireland and expanded to Greenville, South Carolina in 1995. Ambassador International’s books and materials have been distributed in dozens of countries and are sold worldwide. For more information visit www.ambassador-international.com. You can also follow @AmbassadorIntl on Twitter or check out [Facebook.com/AmbassadorIntl](https://www.facebook.com/AmbassadorIntl).

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Suggested Interview Questions for the author:

1. What led you to write *Declutter Now*?
2. Before meeting you both went through divorces and ended up experiencing extreme lows in life. Looking back, how did clutter play a part?
3. There generally isn't a correlation made between decluttering and a relationship with God, but do you think the two are related?
4. How are debt and clutter connected?
5. How long would it take for someone to declutter every aspect of their life?
6. What was the hardest part of your own lives to declutter?

Endorsements:

"This book is born out of the real-life lessons of people just like you. Far from yet another how-to book, this is a philosophy of life that will bring you new levels of freedom...it will help you live the life God intended."

Dr. Brett Carlson, Executive Pastor, Mountain Ridge Church

"Sherry and Lindon have found a wonderful means of taking the elements of real life concerns and putting them into simple layman's terms for any individual to apply immediately to their given circumstances. The examples provided, and sharing of their own stories, lends to the reader the prospect to relate to the authors. More importantly this relatedness provides for a more driven focus to occur where there is an ability to come to the other side of circumstances and have a dependence on God to bring them through. This vulnerability helps each of us remember that the Lord holds us in His hands always and with our willingness to listen and be open to a taking a step of faith we can experience the many blessings that await for us!"

Rebecca A. Richey, MAEd, MC, NCC PhD (ABD)

"*Declutter Now!* is the right book at the right time. In today's society, where more is touted as better, it can be difficult to cut through all the excess and uncover what really matters, but *Declutter Now!* lends a much needed hand. Packed with helpful tips, encouragement, humor, and personal stories, the reader will have no trouble figuring out that less can truly be more; more of what matters and means the most. Declutter every area of your life and enjoy more time, energy, freedom, finances, and joy to serve God. With each chapter covering a different area of your life, there's something for everyone. Let *Declutter Now!* help you start living a decluttered life today."

Lindsey Holder, Former Celebrity Assistant, Style Blogger at lindseyholder.com

"*Declutter Now!* reminded me that even baby steps are steps in the right direction. I may not have the time or energy to clean out a whole room, but I can clean out one drawer or one shelf of a closet. And when done consistently, each baby step adds up to a whole lot of forward motion!"

Carrie Daws, author of *Crossing Values* and *Ryan's Crossing*

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author bio

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LINDON AND SHERRY GAREIS *Authors of "Declutter Now!"*



Lindon and Sherry Gareis, founders of Action Plan Ministries, debut their writing career with *Declutter Now!* They are small group leaders and certified Christian Life Coaches from Glendale, AZ with hearts that desire to serve God in a mighty way. Lindon and Sherry combine all their life experience to positively impact every day living with practical and purposeful advice.

The Gareises have a blended family of three sons and one daughter – Trent, 25, Ryan, 24, Devin, 22, and Sarah, 22. In their spare time you will find them writing, boating, hiking, gardening, or hosting a family barbecue. They love being outdoors, love being together, and are committed to a lifelong honeymoon...

Connect with Lindon and Sherry Gareis

 <http://www.actionplanministries.com/>

 [Facebook.com/DeclutterNow](https://www.facebook.com/DeclutterNow)

 [@actionplanmin](https://twitter.com/actionplanmin)

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