

# brain dump apps for organizing thoughts

Title: Unleash Your Mind's Potential: The Ultimate Guide to Brain Dump Apps for Organizing Thoughts

**brain dump apps for organizing thoughts** are becoming indispensable tools in our increasingly complex digital lives, offering a sanctuary for scattered ideas and overwhelming mental clutter. In a world constantly demanding our attention, the ability to capture, process, and organize our thoughts effectively is no longer a luxury but a necessity. These specialized applications provide a structured yet flexible environment to unload your mind, transforming chaotic mental streams into actionable insights and organized plans. This comprehensive guide will delve into the core benefits, key features, and the best brain dump apps available, empowering you to harness the power of organized thinking for enhanced productivity and reduced stress. We will explore how these digital companions can help you overcome mental blockages, boost creativity, and achieve your goals with greater clarity and efficiency.

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# Understanding the Power of Brain Dumping

The concept of brain dumping is fundamental to managing cognitive load. It involves the process of externalizing all your thoughts, ideas, tasks, worries, and inspirations from your mind onto a tangible medium. This act of emptying your mental workspace frees up cognitive resources, allowing you to focus on the present task at hand rather than being distracted by a backlog of unfinished thoughts. Historically, people have used notebooks, journals, or whiteboards for this purpose. However, with the advent of digital technology, brain dump apps have revolutionized this practice, offering greater accessibility, searchability, and integration capabilities.

The mental clutter that accumulates from daily life can be a significant impediment to creativity and productivity. It can lead to feelings of overwhelm, anxiety, and a sense of being constantly behind. By regularly engaging in brain dumping, you create a reliable system for capturing these fleeting thoughts before they are lost or forgotten. This externalization not only declutters your mind but also provides a comprehensive overview of your mental landscape, enabling you to identify patterns, prioritize tasks, and make more informed decisions. The psychological relief of knowing that your ideas are safely stored and organized is immense, fostering a sense of control and peace.

## Key Features to Look for in Brain Dump Apps

When selecting a brain dump app, several key features can significantly enhance its utility and effectiveness. The primary goal is to find a tool that seamlessly integrates into your workflow and personal habits. Ease of use is paramount; a complex interface will likely deter you from using the app consistently. Look for intuitive navigation, straightforward input methods, and clear organization options. The ability to quickly capture thoughts on the go, whether through typing, voice notes, or even image capture, is also crucial for effective brain dumping.

Beyond basic functionality, consider features that aid in organizing and processing your dumped thoughts. Robust tagging and categorization systems allow you to sort and retrieve information efficiently. Search capabilities are essential, especially as your collection of notes grows. Integration with other tools you use, such as calendars, task managers, or cloud storage, can further streamline your workflow. Finally, consider the app's cross-platform availability, ensuring you can access your thoughts from any device, whether it's your desktop, tablet, or smartphone.

## **Capture Methods**

The effectiveness of a brain dump app hinges on its ability to allow for rapid and varied input. The best apps offer multiple ways to get your thoughts down quickly. This can include typing freeform text, dictating voice notes that are transcribed, or even snapping photos of whiteboards or handwritten lists. Some advanced options might even support sketching or drawing tools for more visual thinkers. The easier it is to capture an idea the moment it strikes, the more likely you are to use the app consistently.

## **Organization and Retrieval**

Once your thoughts are captured, effective organization is key to making them useful. Look for features like tagging, folders, notebooks, and custom categories. Powerful search functionality is non-negotiable, allowing you to quickly find specific information amidst potentially hundreds or thousands of entries. The ability to create links between notes or embed them within other notes can also foster a more interconnected and navigable knowledge base.

## **Cross-Platform Sync and Accessibility**

A brain dump app should be accessible wherever you are. This means robust synchronization across multiple devices – desktops, laptops, tablets, and smartphones. Whether you are at your desk, commuting, or on a business trip, you should be able to add new thoughts or review existing ones without interruption. Offline access is also a valuable feature, ensuring you can still use the app even without an internet connection.

## **Integration Capabilities**

The most powerful organizational systems often involve integration with other tools. Consider apps that can connect with your calendar for scheduling tasks derived from your brain dumps, or with your to-do list app to convert ideas into actionable items. Cloud storage integration can also be beneficial for backing up your data and ensuring its long-term safety. The less friction there is in transferring information, the more efficient your overall thought management process will be.

## **Top Brain Dump Apps for Organizing Your Thoughts**

Navigating the vast landscape of productivity apps can be daunting. However, several standout options consistently rise to the top for their effectiveness in facilitating brain dumping and thought organization. These apps cater to

different user preferences, from minimalists seeking simplicity to power users who require extensive customization and integration.

## **Evernote: The All-in-One Digital Notebook**

Evernote has long been a favorite for its comprehensive note-taking capabilities. It excels at capturing a wide variety of content, including text, images, web clips, and audio recordings. Its powerful search function, tagging system, and notebook organization make it ideal for comprehensive brain dumping. You can create detailed notes, attach files, and even scan documents directly into the app. The ability to sync across all your devices ensures your thoughts are always at your fingertips.

## **Notion: The Customizable Workspace**

Notion is a more recent entrant that has taken the productivity world by storm due to its unparalleled flexibility. It's more than just a note-taking app; it's a workspace where you can build custom databases, project trackers, and wikis. For brain dumping, Notion allows you to create highly structured pages where you can dump text, images, embeds, and more, all within a connected system. Its block-based editor and database features make it suitable for those who want to build a highly personalized organizational system that goes beyond simple note capture.

## **Todoist: Task Management Meets Thought Capture**

While primarily a task management app, Todoist is surprisingly effective as a brain dump tool, especially for those who think in terms of actionable items. You can quickly add tasks and ideas to your inbox, categorize them with projects and labels, and set due dates. The speed at which you can add new items makes it a great place to quickly offload thoughts before they are forgotten. Its clean interface and powerful natural language input make capturing tasks and ideas a breeze.

## **Bear: Markdown-Focused Simplicity**

For users who appreciate the elegance and efficiency of Markdown, Bear offers a beautiful and streamlined experience. It's designed for writing and note-taking, with a focus on clarity and speed. You can create notes organized by tags and nested tags, making it easy to browse and retrieve information. Bear's inline image support and Markdown editing make it a joy to use for capturing thoughts and drafting content. Its clean, minimalist design promotes focus and reduces distractions.

## **Simplenote: Minimalist Clarity**

As the name suggests, Simplenote is all about simplicity. It's a free, cross-platform note-taking app that focuses on text and basic organization through tags. If your brain dumping primarily involves text-based thoughts and you prefer a no-frills experience, Simplenote is an excellent choice. Its speed and reliability in syncing across devices are noteworthy, ensuring your thoughts are always available. It's perfect for those who find feature bloat overwhelming and just need a reliable place to jot down ideas.

## **Google Keep: Quick Notes and Reminders**

Google Keep is an excellent option for users already embedded in the Google ecosystem. It offers a simple, visual interface reminiscent of sticky notes. You can quickly jot down text notes, create checklists, record voice memos, and add photos. Its color-coding and labeling system make basic organization straightforward. Google Keep is ideal for capturing quick thoughts, to-do items, and reminders that need to be readily accessible throughout your day.

## **Trello: Visualizing Your Ideas**

Trello uses a Kanban-style board system, which can be incredibly effective for visualizing thoughts and projects. For brain dumping, you can create boards for different aspects of your life or work, with lists representing stages of processing or categories. Each card on the board can contain detailed notes, checklists, attachments, and comments. This visual approach is particularly useful for brainstorming and project planning, allowing you to see the relationships between different ideas and tasks.

## **Benefits of Using Brain Dump Apps**

The consistent use of brain dump apps can lead to a cascade of positive outcomes, impacting both your professional and personal life. One of the most immediate benefits is the reduction of mental fatigue. By externalizing your thoughts, you free up valuable working memory, allowing you to concentrate better on current tasks. This can lead to increased productivity, improved problem-solving skills, and a greater sense of accomplishment.

Beyond productivity gains, brain dumping fosters creativity and innovation. When your mind is clear of clutter, it has more space to generate new ideas and make novel connections. Furthermore, the process of reviewing your dumped thoughts can reveal patterns, recurring themes, and potential solutions to challenges you might not have consciously recognized. This self-awareness is a powerful tool for personal growth and development. The organized nature of these apps also means that valuable insights are less likely to be lost,

providing a readily accessible repository of your ideas and inspirations.

## **Reduced Stress and Anxiety**

A constant stream of unfinished thoughts, nagging to-dos, and fleeting ideas can create a significant mental burden, leading to stress and anxiety. Brain dumping acts as a release valve, allowing you to offload these pressures onto a system you trust. Knowing that your thoughts are captured and won't be forgotten provides a profound sense of relief and control, diminishing feelings of overwhelm.

## **Enhanced Focus and Productivity**

When your mind isn't preoccupied with a backlog of mental items, your ability to focus on the task at hand dramatically improves. Brain dump apps help declutter your mental workspace, allowing you to dedicate your full cognitive resources to what matters most in the moment. This leads to increased efficiency, better quality of work, and a greater sense of accomplishment throughout the day.

## **Boosted Creativity and Idea Generation**

A clear mind is a fertile ground for creativity. By regularly clearing out the noise, you create more space for new ideas to emerge and for existing thoughts to connect in novel ways. Reviewing your brain dumps can also spark further inspiration, acting as a catalyst for innovation and problem-solving.

## **Improved Memory and Recall**

Our brains are not designed for perfect recall of every detail. Brain dump apps serve as an external memory, ensuring that important thoughts, tasks, and inspirations are not lost. The organized nature of these applications allows for easy retrieval, meaning you can access information precisely when you need it, preventing the frustration of forgetting crucial details.

## **Better Decision Making**

When you have a clear and organized overview of your thoughts, tasks, and priorities, you are better equipped to make informed decisions. Brain dumping allows you to see the bigger picture, identify potential conflicts or opportunities, and weigh different options more effectively. This leads to more strategic and confident decision-making.

# Choosing the Right Brain Dump App for Your Needs

Selecting the perfect brain dump app is a personal journey, as what works for one individual might not be ideal for another. Your choice should be guided by your specific needs, preferences, and existing digital ecosystem. Consider your primary use case: Are you primarily looking to capture quick notes and reminders, manage complex projects, or develop a comprehensive knowledge base? The answer to these questions will steer you toward the most suitable app.

Think about your preferred method of capturing information. If you're a fast typer, a text-heavy app might be best. If you prefer speaking your thoughts, an app with excellent voice-to-text capabilities is essential. Also, consider the level of customization you desire. Some users thrive with minimalist, straightforward tools, while others need the flexibility to build complex systems. Ultimately, the best app is the one you will consistently use, so prioritize ease of use and a user interface that resonates with you.

## Assess Your Workflow

Begin by analyzing your current daily routines and how you manage information. Do you jot down ideas on paper, use multiple digital tools, or struggle to remember tasks? Understanding your existing habits will help you identify areas where a brain dump app can provide the most benefit and what features will seamlessly integrate into your workflow.

## Consider Your Technical Proficiency

Some applications, like Notion, offer a vast array of customization options but can have a steeper learning curve. Others, such as Simplenote, are designed for immediate use with minimal setup. Be realistic about your technical comfort level and choose an app that aligns with your skills to avoid frustration.

## Evaluate Integration Needs

If you rely heavily on other productivity tools like calendars, email clients, or project management software, consider apps that offer seamless integrations. This can automate tasks, reduce data entry, and create a more unified digital experience, making your brain dump process more efficient and interconnected.

## **Prioritize User Interface and Experience**

The most powerful app is useless if you find it cumbersome or unpleasant to use. Pay attention to the user interface (UI) and user experience (UX) of potential apps. Look for intuitive navigation, aesthetically pleasing design, and a smooth overall interaction. A positive user experience will encourage consistent engagement with the app.

## **Trial and Error**

Most reputable apps offer free versions or trial periods. Take advantage of these to test out a few different options. Experiment with capturing different types of thoughts, organizing them in various ways, and using the search functions. This hands-on approach is the most effective way to determine which app truly fits your unique requirements.

## **Maximizing Your Brain Dump Practice**

Simply downloading a brain dump app is only the first step; the real power comes from consistent practice and a structured approach. Schedule regular times for brain dumping, whether it's daily, weekly, or at specific junctures in your projects. Treat these sessions as sacred time to unload your mind without judgment or the pressure to organize immediately.

Once your thoughts are captured, the crucial next step is processing them. Dedicate time to review your dumped notes. Categorize them, convert ideas into actionable tasks, delegate when appropriate, and discard what is no longer relevant. This review process transforms raw data into valuable insights and actionable plans, ensuring that your brain dump practice genuinely contributes to your productivity and well-being. Developing a system for reviewing and acting upon your dumped thoughts is what elevates this practice from mere note-taking to a powerful organizational strategy.

## **Establish a Routine**

Consistency is key. Integrate brain dumping into your daily or weekly schedule. This could be first thing in the morning to clear your mind for the day, at the end of the workday to offload unfinished thoughts, or during dedicated weekly review sessions.

## **Don't Censor Yourself**

During the initial dump, focus on getting everything out without editing or filtering. Write down ideas, tasks, worries, and inspirations, no matter how



small or seemingly insignificant they may appear at that moment. The goal is to empty your mind, not to create a polished document.

## **Categorize and Process Regularly**

Once you've captured your thoughts, schedule time to review and process them. Use tags, folders, or projects within your app to categorize your notes. Decide what needs to be done, what can be delegated, what can be scheduled, and what can be archived or deleted. This step turns your raw brain dump into actionable insights.

## **Review Past Dumps**

Periodically review older brain dumps. You might find forgotten ideas that are now relevant, solutions to problems you're currently facing, or patterns in your thinking that can offer valuable self-awareness.

## **Integrate with Other Tools**

If your brain dump app allows, integrate it with your calendar, to-do list, or project management software. This allows you to easily transfer actionable items from your brain dump into your active workflow, ensuring nothing falls through the cracks.

## **Experiment and Adapt**

Your needs and preferences may evolve. Don't be afraid to try different apps or adjust your brain dumping routine. The most effective system is one that works for you and that you can maintain consistently. The power of brain dump apps lies in their ability to adapt to your individual cognitive and organizational style.

By embracing the practice of brain dumping with the aid of these digital tools, you can unlock a new level of mental clarity, productivity, and creative potential. The journey to an organized mind is an ongoing one, and brain dump apps are your most valuable companions on this path, offering a systematic way to manage the constant influx of information and ideas that shape our lives.

## **FAQ**

## **Q: What exactly is a "brain dump" in the context of apps?**

A: A brain dump, when used with apps, refers to the process of quickly capturing all your thoughts, ideas, tasks, worries, and inspirations from your mind into a digital format. It's like emptying your mental inbox into a trusted digital system, allowing you to declutter your mind and organize these items for later review and action.

## **Q: How do brain dump apps help with productivity?**

A: Brain dump apps enhance productivity by freeing up cognitive resources. When your mind isn't burdened with remembering numerous scattered thoughts, you can focus more effectively on the task at hand. This leads to improved concentration, reduced errors, and increased efficiency in completing tasks.

## **Q: Are brain dump apps only for people with busy minds?**

A: While particularly beneficial for those with busy or overwhelmed minds, anyone can benefit from brain dump apps. They serve as a valuable tool for anyone looking to improve their organization, capture fleeting ideas, manage projects more effectively, or simply gain a clearer understanding of their mental landscape.

## **Q: Can brain dump apps help with creativity?**

A: Absolutely. By clearing mental clutter, brain dump apps create space for new ideas to emerge and for existing thoughts to connect in novel ways. Reviewing past dumps can also spark further inspiration and reveal patterns that lead to innovative solutions and creative breakthroughs.

## **Q: What is the difference between a brain dump app and a regular to-do list app?**

A: While there can be overlap, a brain dump app is generally broader in scope. A to-do list app primarily focuses on actionable tasks with due dates, whereas a brain dump app is designed to capture a wider range of mental output, including unstructured ideas, reflections, and even creative sparks, before they are necessarily categorized into tasks.

## **Q: How often should I perform a brain dump?**

A: The frequency of brain dumping depends on your personal needs and the volume of your thoughts. Many people find daily or weekly brain dumps to be

effective. Some may perform them more often if they are experiencing a particularly busy period or are engaged in intense creative work. The key is consistency and finding a rhythm that works for you.

## **Q: What are some common methods for organizing thoughts after a brain dump?**

A: After dumping your thoughts, common organization methods include tagging, creating categories or folders, converting ideas into actionable tasks, scheduling them, and archiving or deleting irrelevant items. Many apps also facilitate linking related notes or creating visual boards to connect ideas.

## **Q: Can I use a brain dump app for work-related thoughts and personal thoughts simultaneously?**

A: Yes, most brain dump apps allow you to manage both work and personal thoughts. You can typically use different tags, folders, or notebooks within the app to keep these two areas of your life distinct yet accessible within the same system. Some advanced apps even allow for multiple workspaces.

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**brain dump apps for organizing thoughts:** *The ADHD Playbook* Myadhdventure, 2024-02-18  
The ADHD Playbook is your ultimate guide to unlocking the potential of your ADHD brain. Designed by individuals with ADHD for those with ADHD, this comprehensive resource offers 134 actionable strategies to help you thrive in everyday life. Whether you're looking to boost productivity, master time management, overcome procrastination, organize your space and digital life, develop mindfulness practices, strengthen communication, or achieve financial success, this playbook provides clear, practical solutions. With straightforward explanations and real-world applications, The ADHD Playbook empowers you to take control and create a more organized, productive, and balanced life.

**brain dump apps for organizing thoughts: Crush Your To-Do List Every Day - How to Stay Ultra-Productive** Ahmed Musa , 2025-03-09  
Crush Your To-Do List Every Day - How to Stay Ultra-Productive Most people write endless to-do lists but never actually get things done. High achievers don't just plan—they execute. If you're tired of feeling overwhelmed, distracted, or stuck in a cycle of procrastination, Crush Your To-Do List Every Day will show you how to take control of your tasks, maximize efficiency, and achieve more in less time. Whether you're an entrepreneur, professional, or ambitious go-getter, this book gives you the exact system to stay organized, eliminate wasted time, and turn your to-do list into a weapon for success. Inside, you'll discover: The

Ultra-Productivity Formula—a step-by-step system to organize your day for peak performance. Why traditional to-do lists fail—and what high performers do instead to get things done. The One-Touch Rule—how to stop overthinking and start executing immediately. The Time-Blocking Mastery Method—how to structure your schedule for focus and flow. The secret to overcoming procrastination and crushing your most important tasks daily. Packed with real-world strategies, high-performance hacks, and simple yet powerful techniques, *Crush Your To-Do List Every Day* will help you eliminate distractions, master time management, and operate at a world-class level—every single day. No more overwhelm. No more excuses. Get things done and win the day.

**brain dump apps for organizing thoughts:** *Mastering the Mind* Xena Mindhurst, AI, 2025-02-13 *Mastering the Mind* offers a science-backed approach to cognitive enhancement, showing readers how to unlock their brain's potential. It explores key areas like attention, memory, and executive functions, emphasizing that cognitive abilities aren't fixed but can be improved. Interestingly, the book highlights that practical, evidence-based techniques can lead to increased productivity and overall well-being. It also touches on the importance of lifestyle factors such as sleep and nutrition for brain health. The book begins with the foundations of cognitive psychology and neuroscience, making complex ideas accessible. It then progresses to practical strategies, including mindfulness, mnemonic devices, and spaced repetition for memory enhancement. What makes it unique is its focus on actionable techniques, grounded in research, that readers can implement immediately to improve focus, enhance memory, and boost executive functions.

**brain dump apps for organizing thoughts:** *Creative Thinking* Charles Thomas, 2023-11-15 People often ask us to share creative ideas, especially as students and workers. But it becomes difficult to think creatively in a competitive scene. That's why you need to learn some techniques. In this book, you will learn how to think creatively using ten powerful techniques. Get this book today!

**brain dump apps for organizing thoughts:** *Room to Breathe A Simple System to Unclutter Your Mind and Enjoy Your Days* Alexander Foster, 2025-09-05 White space isn't laziness—it's oxygen for attention. When your head feels jammed with tabs, *Room to Breathe* gives you a clean, repeatable rhythm to clear the noise and feel steady again. In brief daily sessions you'll map what truly matters, prune mental overload, and anchor your focus without gimmicks. The approach blends tiny decisions, single-tasking drills, and quick resets that create more space in your day—and inside your head. Inside you'll use: a 90-second "name it and park it" to contain loops; a one-screen planning sheet that kills decision fatigue; focus anchors for high-distraction moments; white-space breaks that reset your nervous system; and a weekly sweep that keeps clutter from creeping back. Real-world scripts show how to apply these moves at work, at home, and during tough choices—no jargon, no judgment, just clear guidance. By the final page you'll have a pocket playbook for calm productivity and a lighter, brighter way to move through your day. Open to page one and take your space back.

**brain dump apps for organizing thoughts:** *Thriving with Adult ADHD* Oliver Alexander, 2024-12-01 Are you constantly battling the chaos in your mind? Do you feel overwhelmed by the never-ending demands of work and life? Do you struggle with organizing your thoughts, emotions, or even your daily tasks? Do deadlines, misplaced keys, or forgotten appointments feel like a constant source of stress? Are you tired of feeling like you're running in circles, despite your best efforts to get ahead? I get it. Life with ADHD can feel like an uphill climb, but it doesn't have to be this way. Imagine for a second... Feeling calm and in control, no matter what life throws your way. Knowing exactly how to tackle your day, without procrastination or overwhelm. Staying focused and productive on projects that matter most to you. Communicating your needs clearly, fostering better relationships. Managing emotional highs and lows with grace and confidence. Gaining clarity and breaking free from the fog of distraction. Achieving your goals and celebrating your progress without self-doubt. Living a balanced, fulfilled life where your ADHD is a strength, not a barrier. But first, a warning: This book isn't a magic pill or quick fix. If you're looking for an overnight transformation without effort, this isn't for you. *Thriving with Adult ADHD* works only if you're ready to be honest with yourself and committed to lasting change. This guide will give you the tools you

need—but the results come from your effort and dedication. Here's a glimpse of what you'll uncover inside: Proven strategies to manage ADHD without feeling overwhelmed. How to improve your focus and productivity in ways that work for your brain. Tools to understand and regulate your emotions effectively. Simple yet powerful techniques to strengthen your executive functioning. Tips for building better habits and breaking free from procrastination. Insights into managing relationships and navigating social challenges. Practical advice for turning your unique ADHD traits into superpowers. Actionable steps to craft a life where you don't just survive but thrive! Ready to unlock your potential and take control of your life? Stop letting ADHD define you. Start defining your future. Thriving with Adult ADHD is your step-by-step guide to reclaiming control, unleashing your strengths, and creating a life you love.

### **brain dump apps for organizing thoughts: The Ultimate Guide to Self & Team**

**Management** Sanket Sunil Shirodkar, Dr Vinod Gupta, 2025-08-29 In today's fast-paced world, mastering self-management and team leadership is key to success. This book integrates proven strategies and techniques to serve as a comprehensive guide to achieving peak productivity, personal growth, and effective team management. The book's first section is Mastering Self-Management Strategies, offering 166 practical techniques to enhance personal efficiency, discipline, and focus. It covers essential topics such as goal setting using the SMART framework, time management through the Pomodoro technique, habit formation with habit stacking, stress reduction via mindfulness and meditation, and decision-making techniques like the Eisenhower Matrix. Readers will also discover how to overcome procrastination, eliminate distractions, and optimize their energy levels for sustained productivity. The second section, Team Management Strategies, comprises 167 actionable methods to build high-performing teams, foster collaboration, and cultivate leadership skills. It emphasizes trust-building, effective communication, emotional intelligence, conflict resolution, and knowledge-sharing practices. The book also introduces techniques for creating a feedback-driven culture, improving team adaptability, leveraging technology for efficiency, and ensuring work-life balance within teams. Readers will gain insights into leadership styles, mentorship approaches, and the art of delegation to create an empowering and productive work environment. Whether you're an aspiring leader, a manager, or an individual seeking self-improvement, this book provides a structured roadmap to achieving personal mastery and team excellence. By applying these strategies, readers can transform their habits, optimize their performance, and confidently lead. Packed with practical tips, psychological insights, and real-world applications, this book is a must read for anyone looking to unlock their full potential and drive success in both personal and professional life.

**brain dump apps for organizing thoughts: Organize This! Practical Tips, Green Ideas, and Ruminations About Your CRAP** Vali G. Heist, 2012-04-24 Vali G. Heist began organizing at the age of five while cleaning up her room with her older sister. She started her professional organizing business after years of being asked to organize the homes of her family and friends. Organize This! Practical Tips, Green Ideas, and Ruminations about your CRAP began as a collection of the organizing columns she wrote for a local newspaper. CRAP is Vali's acronym that means Clutter that Robs Anyone of Pleasure. The book includes numerous tips on how to organize, green ways to recycle unwanted CRAP, success stories from clients, and further ruminations about CRAP. Vali helps her readers explore why they have so much CRAP in their homes, why they don't throw it out, and why they don't want to deal with it. She helps the reader answer those questions and provides practical, easy tips to organize their homes and help them live the life they really want. In addition, her book is chock-full of organizing resources, is fun to read, and makes a great gift for the organized person as well as the organizationally-challenged. Vali's insight helps readers learn the difference between belongings and CRAP and empowers them to discover that less is more. Her book also proposes how to live a more 'green' life and help save the planet in the process. Her passion is to find simple, easy to implement ways to organize life at home and at work and pass them on to her readers. Bob Rios, of Bob Rios Visual Strategies, created unique cartoons for the book to illustrate the dilemmas many readers face as they organize and unclutter their lives. Bob is a

graphic designer, website developer and of course a talented illustrator, who lives in Lebanon, Pennsylvania with his wife and five children. Bob uses his creativity and design expertise to further the business goals of his clients. Through consultation and conversation, he gathers content, colors, type, illustrations, and shapes to capture and convey a company's message. You'll find his self-portrait on page 99 of the book! Donna Smallin, Certified Professional Organizer and author of *Organizing Plain & Simple* and several other books on organization describes Vali's book as "Simultaneously witty and practical, *Organize This!* is the intelligent person's guide to a simpler, more organized life." Look for Donna's latest eBook entitled *How to Declutter and Make Money Now!* by Donna Smallin Kuper. Chris Crouch is president and founder of DME Training and Consulting, author of several books on improving productivity and developer of the GO System training course. He describes Vali's book: "Stuff, or as Vali calls it, CRAP, can and will easily find its way into your life. The challenge is to limit the inflow and purge the unnecessary items that somehow remain stuck in your environment. Vali's insightful book will help you accomplish those two life-changing goals." Chris continues to research and study both the mental and physical aspects of living a more joyful and productive life and pass them on to his readers. Debbie Lillard, Certified Professional Organizer and author of *Absolutely Organize Your Family* and *Absolutely Organized: A Mom's Guide* describes Vali's book: "Vali writes with an environmentally responsible attitude towards ridding the world of CRAP. She understands the causes of disorganization, leaves judgment at the doorstep, and jumps right in to tackle the problems. Her resources are valuable - this is a book you'll want to recycle and reuse again and again." Debbie owns an organizing business in Broomall, Pennsylvania and shares her expert advice on various media channels. Vali wants readers to know that the goal of organizing isn't to have a perfect, 'Better Homes and Garden' house (hers isn't!), but rather to provide order to enjoy the space you have, handle the tough times with grace, and aspire to live the best life possible!

**brain dump apps for organizing thoughts: Declutter Your Mind** Mary Connor, 2019-01-01  
 ☐☐Declutter Your Mind For Increased Energy, Clarity, Focus, and Joy!☐☐ Have you been struggling with moving forward with growth in your life? Do you find that as a parent or a business person, you do not have time to declutter your mind and home? Are there people in your life you wish you could remove due to their negative attitudes? If you are looking for inspiration to get started and want to discover how to declutter your mind with professional techniques, then *Declutter Your Mind: Life Changing Ways to Eliminate Mental Clutter, Relieve Anxiety, and Get Rid of Negative Thoughts Using Simple Decluttering Strategies for Clarity, Focus, and Peace* is the book you have been waiting for. As a parent or a busy career-minded person, you may find that your life feels like a whirlwind of go, go, go. There are times that your mind will be so cluttered with all the details of what you need to do for the day, that you find it hard to shut down at night. This can lead to countless hours tossing and turning at night with no real sleep. That is when insomnia sets in—and you start to walk around cranky and in a daze due to lack of sleep and motivation. If this sounds all too familiar to you, then I know exactly how you feel But there is an easy answer and it starts with the simple premise of decluttering! This book has so much content that is geared towards you being the best person you can be without the clutter and confusion every day. ☐☐Grab your copy today and learn☐☐ - Why People Live With Cluttered Minds And What Your Clutter Is Trying To Tell You - How To Unlock The Benefits Of Decluttering - Practical Tips To Limit Your Overwhelm And Be More Productive - Simple Ways To Eliminate Bad Influences In Your Life - Releasing Old Negative Beliefs That No Longer Serve You - Step-By-Step Instructions To Help You Take Your Life From Cluttered To Growth And Improvement - Life Changing Decluttering Methods That You'll Actually Want To Try - And much more... With all this, you will not go wrong by purchasing this book and learning the tips and techniques within. What have you got to lose? Only that clutter and stress. If you want to discover how easy, and life-changing, decluttering can be, don't wait any longer. Scroll up and click the buy now button to get this amazing guidebook today!

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