



# Organizing for Your Brain Type: Finding Your Own Solution to Managing Time, Paper, and Stuff

*Lanna Nakone*

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**Organizing for Your Brain Type: Finding Your Own Solution to Managing Time, Paper, and Stuff**  
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Get---and stay---organized!

Let your natural inclinations guide you toward gaining control of your environment and learn to live life on your own terms. Drawing on the science of brain function and her experience as a professional organizer, Lanna Nakone offers tailored and specific advice that will actually work to help you tame your desk, unclutter your closet, manage your time, and save your sanity.

Take the Brain Style quiz to determine which of the four parts of the brain you rely on the most to process information, and which organizing style complements your brain function. If you rely on the

\*Posterior left section of your brain, you're a Maintaining Style. You develop and follow routines well and adhere to traditional organizing methods.

\*Frontal right section of your brain, you're an Innovating Style. Artistically creative, you have a unique stacking system that no one else understands.

\*Posterior right section of your brain, you're a Harmonizing Style. Valuing interconnectedness with your family or coworkers, you need to be organized enough to keep your environment peaceful.

\*Frontal left section of your brain, you're a Prioritizing Style. Adept at analyzing data, you prefer to delegate organizing.

Chapters specific to each type offer practical tips and strategies for implementing an organizing system, maintaining your system, and coexisting with different brain styles.

Insightful and understanding, *Organizing for Your Brain Type* turns the task of managing your life into an enjoyable experience.

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