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You can't tidy if you've never learned how

When I tell people that my profession is teaching others how to tidy, I am usually met with looks of astonishment. "Can you actually make money doing that?" is their first question. This is almost always followed by, "Do people need lessons in tidying?"

It's true that while instructors and schools offer courses in everything from cooking and how to wear a kimono to yoga and Zen meditation, you'll be hard-pressed to find classes on how to tidy. The general assumption, in Japan at least, is that tidying doesn't need to be taught but rather is picked up naturally. Cooking skills and recipes are passed down as family traditions from grandmother to mother to daughter, yet one never hears of anyone passing on the family secrets of tidying, even within the same household.

Think back to your own childhood. I'm sure most of us have been scolded for not tidying up our rooms, but how many of our parents consciously taught us how to tidy as part of our upbringing? Our parents demanded that we clean up our rooms, but they, too, had never been trained in how to do that. When it comes to tidying, we are all self-taught.

Instruction in tidying is neglected not only in the home but also at school. When we think back to our home economics classes, most of us remember making

10 The life-changing magic of tidying up

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