

The Little Book of Cleaning Tips

A Guide to Keeping Your Space Healthy, Tidy, and Calm

Care for yourself and your home with this little book of helpful cleaning advice.

The Little Book of Cleaning Tips ushers you through your home, providing the best tips and tricks for tackling messes big and small, room by room. This compact guide includes quick daily tasks, deep-cleaning routines, inspirational quotes, and meditative exercises to keep your mind and home clutter-free.

Learn how taking care of your space affects your household's health and wellness. Be inspired to build a custom housekeeping routine that works for you and your home. Find out how to incorporate all-natural, all-purpose DIY cleaning solutions for tasks of all kinds.

The Little Book of Cleaning Tips offers a window into basic cleaning tasks and supplies to help get you started on your cleaning journey so you can feel confident, organized, and peaceful in your home.

#CleanTok is trending with 62.1B views on TikTok. Cleaning has never been so easy and fun!

LEAH N. MILES

AVAILABLE NOW

ISBN: 9780525618041
 Hardcover
 96 pages
 5 x 7"
 \$12.95 USA / \$17.50 CAN
 Zeitgeist / Driven

Five Ways to Freshen Up in Five Minutes

Try these quick, space-refreshing tricks for instant gratification.

- 1 Fluff throw pillows. If they're looking a little deflated, plump them up by pushing and shaping them.
- 2 Is there an indentation in your couch from your last binge-watching session? Flip and rotate the cushions to help them bounce back.
- 3 Speed declutter. Set your timer and, moving as fast as you can, find every item that doesn't belong in your living room and put it back where it belongs.
- 4 Refold blankets and throws.
- 5 Add a vase of fresh flowers.



BETTER BEDROOMS

Make your sleeping space the calm place you need it to be to unwind at the end of the day and feel refreshed in the morning. Just like the grown-ups told you: it all starts with making your bed.

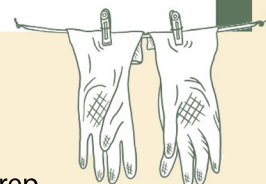
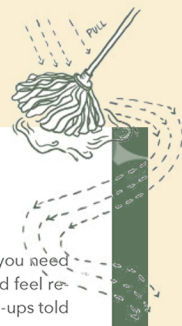


Make Your Bedroom a Calming Cave

Follow this quick evening cleaning routine to turn your bedroom into a relaxing haven.

- 1 Do a quick declutter: Scan surfaces for items that don't belong and put them where they do go. (See Declutter and De-Stress on page 59 for tips.)

BETTER BEDROOMS 29



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