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Sunday at 3 PM Pacific  
**February 23rd 2020: Heathy Eating, Healthy Living**

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"A wise man should consider that health is the greatest of human blessings." Hippocrates  
Brigitte Jia recounts her teenage angst with body image and eating as she found a way to be healthy. She interviews author of The Clutter Remedy, Marla Stone, and asks her about ways we can organize our life to be happier, healthier, and clutter-free. There are many valid approaches to getting rid of stuff and creating neat and tidy spaces. But like many diets, most of these approaches fail long-term. That's because lots of us like our stuff. Marla makes it clear that we should always keep the items we

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### Featured Guest



#### Marla Stone

Marla Stone, MSW, is the owner of I-Deal-Lifestyle Inc., which provides decluttering, design, corporate training, and lifestyle coaching services. She is a former social worker and psychotherapist turned professional organizer who helps people live an ideal lifestyle by getting to the root of their mental, emotional, spiritual, and environmental challenges. She lives in Orange County, California. [www.i-deal-lifestyle.com](http://www.i-deal-lifestyle.com)

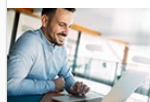
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