# Article information:

近藤麻理惠放棄收納整理？風靡全球的怦然心動整理術，真正目標其實是…… ｜ 近藤麻理惠 ／ 獨評讀好書 ｜ 獨立評論
[https://opinion.cw.com.tw/blog/profile/390/article/13244?utm\_source=email\_edm=emai=email\_edm-email-subscriber](https://opinion.cw.com.tw/blog/profile/390/article/13244?utm_source=email_edm&utm_medium=emai&utm_campaign=email_edm-email-subscriber)

# Article summary:

1. Tidying up should be done to enjoy each day, not to strive for perfection.

2. Taking breaks and writing down thoughts can help organize time and feelings.

3. The ultimate goal of tidying up is to live every day with excitement.

# Article rating:

Appears moderately imbalanced: The article provides some useful information, but is missing several important points or pieces of evidence that would be required to present the discussed topics in a balanced and reliable way. You are encouraged to seek a more balanced perspective on the presented issues by exploring the provided research topics and looking at different information sources.

# Article analysis:

The article provides a comprehensive overview of the concept of tidying up as proposed by Kondo Marie, an organizing expert. The article is written in a clear and concise manner, making it easy to understand the main points of the article. The author also provides examples from her own life to illustrate how taking breaks and writing down thoughts can help organize time and feelings.

The article appears to be reliable and trustworthy overall, as it is based on Kondo Marie's expertise in organizing and her personal experiences with tidying up. However, there are some potential biases that should be noted. For example, the article does not explore any counterarguments or present both sides equally; instead, it focuses solely on Kondo Marie's perspective on tidying up without considering other perspectives or opinions on the matter. Additionally, the article does not provide any evidence for its claims or discuss any possible risks associated with tidying up; thus, readers may find it difficult to assess whether they agree with Kondo Marie's approach or not. Furthermore, some of the language used in the article could be seen as promotional content; for example, phrases such as throbbing heart could be interpreted as overly sentimental or exaggerated language that is meant to evoke emotion rather than provide factual information about tidying up.

In conclusion, while this article provides a comprehensive overview of Kondo Marie's approach to tidying up and offers useful advice for those looking to get organized, there are some potential biases that should be taken into consideration when assessing its trustworthiness and reliability.

# Topics for further research:

* Benefits of tidying up
* Risks of tidying up
* Different approaches to tidying up
* Pros and cons of tidying up
* Alternatives to Kondo Marie's approach
* Criticisms of Kondo Marie's approach

# Report location:

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