



# The Garbageman's Guide to Life: How to Get Out of the Dumps

*Norm LeMay*

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## **The Garbageman's Guide to Life: How to Get Out of the Dumps** Norm LeMay

The Garbageman's Guide to Life is about clearing a path to the life you've always wanted by getting rid of your mental clutter. It's premise is simple: all the same skills you use to get rid of trash you can see are the exact same skills you can use to get rid of the trash in your head. And since all of us have been throwing trash away our whole lives, it's entirely possible to do some mental housekeeping without having to spend years learning a new set of skills. That's where our motto comes from: "If you can drag your can to the curb, you already know how to clear your mind!" The Garbageman's Guide to Life offers an eight-step framework to getting rid of mental trash. Each step has memorable, garbage-related names like "Create Your Route" and "Take Care of Your Truck." Filled with personal stories and down-to-earth wisdom, The Garbageman's Guide to Life is written in an approachable, casual style that will teach people that throwing away old thoughts, beliefs, and opinions is no different than throwing out other garbage. It's trash and it's time to get rid of it.

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