

# Make life easier with book of 'Joy' tips

By Gary Krino

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The title grabbed me immediately. Did it ever. "The Joy of Simple Living." That's what I want, I said to myself. Simple living.

"Over 1,500 Simple Ways to Make Your Life Easy and Content — at Home and at Work," the teaser over the title read. Yeah, yeah, I thought. This sounds awfully good. Too good, maybe?

Not at all. "The Joy of Simple Living" by Jeff Davidson, (Rodale Press, 465 pages, \$15.95, soft cover) delivers what it says it's going to deliver — from trimming your tax bill to the most efficient way to dust a room.

Davidson is founder and director of BreathingSpace.com, an organization based in North Carolina that specializes in helping people find ways to live and work at a more comfortable

pace. Help, Jeff, help!

Through the book, he does.

Samples:

■ **Out-table.** One way to avoid the workday "where's this-where's that" syndrome is to keep an out-table by your front door. Before you go to bed, put your car keys, work-related items, grocery list, kids' books, anything else you'll need the next day, on the table.

When you're ready to leave the next morning, everything should be waiting for you. As an aside (this isn't Jeff's take), make sure that the table is decorative.

■ **Overnight guests.** To make sure you have the right food, drinks and snacks for overnight guests, ask them their preferences. It's not nice to have diet cola and cheesy curls for a guest who prefers wine and Brie.

■ **Burglars.** Yipes, and Lord for-

bid. But have you ever locked yourself out of your house? If so, how did you get back in? Did you call someone who has a key, or did you break in? If you broke in, you were probably surprised at how easy it was. Start from that point to make your home as burglar-proof as possible.

■ **Laundry.** No-frills washers and dryers work just as well as the bells-and-whistles models. The only options you need on your washer are a water-level selector, a temperature selector plus normal, gentle and permanent-press selectors.

On your dryer, you need normal, gentle and permanent-press timers. Most of these features are standard. Others cost extra and are more expensive to repair when they break.

■ **Baby's crib.** The more toys and "comforting objects" you place in your baby's crib, the higher the risk

that your baby will suffocate while sleeping. You may think a stuffed animal will be comforting to a baby, but don't risk it.

■ **The telephone.** Whether it's an important call, a wrong number or a prank, a ringing telephone disrupts your sleep pattern for the night, and that is not good. Turn off the ringer before you go to bed, or have your calls rerouted to an answering machine or answering service. This goes for pagers, too.

■ **Towels.** Instead of folding and stacking towels on top of one another, roll towels in jellyroll fashion. Folding and stacking towels is slow and takes up too much space. High piles tip over, leaving you with a refolding job. Rolling towels is fast, prevents them from tipping over, and you can store many more rolled towels in a given space than you can folded towels.