

FOR IMMEDIATE RELEASE:

CONTACT:

Linda Hetzer 212 254-3149

Janet Hulstrand 202 744 7338

email: movingon@movingonthebook.com

TRYING TO GET RID OF ALL THAT STUFF?

Most people who have just emptied a family home of all its contents want to get away from the experience as quickly as they can. But Linda Hetzer and Janet Hulstrand, having just finished helping their fathers move out of the homes they had grown up in, decided to write a book about it instead. The result of their collaboration—*MOVING ON: A PRACTICAL GUIDE TO DOWNSIZING THE FAMILY HOME* (Stewart, Tabori & Chang)—promises to help readers learn how to “get rid of the stuff, keep the memories, maintain the family peace, and get on with your life.”

Hulstrand and Hetzer wrote the book they wished they had been able to buy when they were going through the experience of sifting through decades’ worth of their families’ accumulated possessions—much of it destined for the trash, but much of it also valuable, in either financial or sentimental terms, and sometimes both. Finding a way to separate the treasures from the trash, and the memories from the objects is just one of the many challenges people emptying a family home are up against, according to the authors. “People need practical advice on a wide variety of issues,” says Hetzer, and Hulstrand adds, “They also like to know they’re not alone in occasionally feeling overwhelmed by the process.”

MOVING ON is an upbeat, hands-on guide that pulls together a wealth of practical information, lists of available resources, and heartwarming, as well as humorous, stories gathered from the many families the authors talked to who have “been

through the process and come out smiling.” Helaine Fendelman, professional appraiser and host of PBS’s *Treasures in Your Attic* calls it “a wonderful and much-needed book;” Emily Wilska, organization editor of bellaonline.com says *MOVING ON* is “a sensitive, realistic, useful guide to making the process as pleasant and productive as it can be,” and author Susan Allen Toth says “Hetzer and Hulstrand are warm, witty writers who get right to the point in this short, concise, and immensely helpful book.”

MOVING ON has been featured in the *AARP Bulletin*, the *Arkansas Democrat-Gazette*, the *Chicago Tribune*, the *San Diego Union-Tribune*, the *Salt Lake Tribune*, the *Tampa Tribune*, *Kiplinger’s Retirement Report*, *Military Officer Magazine*, the *Washington Post*, and the *New York Times* as well as in other newspapers and magazines around the country. The *Cleveland Plain Dealer* says “the best time to read this excellent book is before you need to.”

###

Moving On: A Practical Guide to Downsizing the Family Home by Linda Hetzer and Janet Hulstrand, 144 pgs., \$15.95, paperback. Stewart, Tabori & Chang, ISBN 1-58479-323-6. For more information: www.movingonthebook.com