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Una casa limpia y ordenada es muestra de un hogar en armonía

El estado de nuestra casa influye de manera determinante en nuestro ánimo y en el de nuestra familia. Si queremos que la vida resulte más fácil y fluida, hemos de mantener el orden pero sin estresarnos. Para ello, la autora de este práctico manual nos ofrece un sistema inteligente que nos enseña a:

- Tener la despensa al día
- Establecer rutinas de limpieza según el sector de la vivienda
- Coser y reciclar ropa
- Blanquear juntas de azulejos
- Tender las prendas con criterio
- Organizar los cables...

Un método verdaderamente efectivo, que no cansa llevar a cabo, que se adapta a cualquier modo de vida y cuyos resultados notaremos sin apenas darnos cuenta. Con planes diarios, semanales y excepcionales.

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