



Let me ask you an odd question: If you died tomorrow, how hard would it be for your loved ones to sort through your belongings? I stole that question from Ashley Hamer, a science writer and podcaster, in an article she wrote about the practice of Swedish death cleaning. Have you heard about this? It sounds morbid, but it's actually a good idea. Swedish death cleaning is the practice of going through your possessions every few years and getting rid of the things you no longer need or no longer feel connected to. This isn't a new fad for senior citizens; it's for people of all ages who want to live a simpler lifestyle. It's a way to live with less "stuff" in the present and to make things easier for your loved ones when you actually do die.

A few years ago, a Swedish artist named Margareta ...

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