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**ORGANIZING AND DECLUTTERING CAN POSITIVELY AFFECT
A HOUSEHOLD'S EMOTIONAL AND FINANCIAL WELL-BEING**

*College Hunks Hauling Junk Offers \$25 Off Half-Truckload
to Jumpstart Denver's Spring Cleaning Season*

DENVER, COLO, March 23, 2009 — Disorder, clutter and excessive items in the home can cause financial and emotional burdens to its inhabitants. Not only do chaotic environments contribute to stress, but unnecessary costs (incurred when people re-purchase items they can't find, rent facilities to store unused items, or fall behind on paperwork and bills due to disorganization) also can create anxiety.

“Spring is the perfect time to take control of both your financial health and your mental health by taking steps to reduce clutter and disorganization,” said Nathaniel Bruno, franchise partner at [College Hunks Hauling Junk](#), a Denver-based outlet of the national junk-removal service. “A qualified, insured and reputable removal company can ease the process by safely and quickly disposing of unwanted items.”

The American Psychological Association recently reported that 83-percent of women and 78-percent of men are stressed about money.¹ Further, a Harris Interactive study cited by the [National Association of Professional Organizers \(NAPO\)](#) reports that 23-percent of adults say they pay bills late (and incur fees) because they lose them.² By selling, recycling or donating unused items in the home, individuals and families can

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¹ The American Psychological Association, online news release. October 7, 2008. Available at <http://www.apa.org/releases/women-stress1008.html>. Accessed March 19, 2009.

² National Association of Professional Organizers (NAPO) “Organizing Statistics” PDF. Available at http://www.napo.net/press_room/napo_facts.aspx. Accessed March 19, 2009.

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save money, earn money, increase tax deductions and lessen worries.

“One way to manage stress is to create a positive change in the situation that is causing the stress,” said Dana Byrd, MA, psychotherapist at [New Beginnings Therapy](#) in Denver. “If a cluttered home is a source of concern and/or is negatively affecting a family’s finances, it would be beneficial to seek the assistance of qualified organization and removal experts.”

To help Denver residents kick off the spring cleaning season, College Hunks Hauling Junk is offering an item removal discount of \$25 on a half-truckload or more. Customers also can receive a \$10 discount when they book online at www.1800JunkUSA.com.

About College Hunks Hauling Junk

College Hunks Hauling Junk is a national junk-removal company with franchises serving 15 major metropolitan areas, including San Francisco, Denver, Chicago, Washington, D.C., Baltimore and Dallas. Founded in 2004, College Hunks Hauling Junk removes unwanted items from residential and commercial spaces. The company recycles 60-percent of items removed, and donates or disposes of the rest. For more information, visit www.1800JunkUSA.com or the Denver-based blog at <http://www.CollegeHunksBlog.com/>.

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