

November 2025

Anne Peters, author

<https://unclutteryourlife.com.au/>

MEDIA RELEASE

After Suicide Loss, Design Expert Turns Her Lived Experience into a Healing Resource for Families

QLD author guides others to healing, remembrance, and how to sort loved ones belongings.



November, 2025, Anne Peters new title “*Belongings*” is launching, offering a compassionate, practical guide to healing, remembrance and how to sort through a loved one’s belongings without feeling overwhelmed or breaking down.

Belongings is more than a how-to book; it’s a quiet companion during one of life’s more delicate transitions. With clear, simple suggestions, this book is ideal for a friend or relative who has lost a loved one, co-worker or friend and now faces the task of removing their belongings, or preparing a home for sale.

“Belongings is the culmination of my life’s work in helping people create homes that reflect who they are and bring them comfort. Over decades of interior design, I discovered that every object tells a story.

When clients shared the history behind a much-loved piece, their whole face would light up. Yet, the items hidden away often carried sadness or obligation. When those were gently

released, the room and the person always felt lighter,” commented Anne Peters.

“I’ve also had the privilege of helping families through more difficult transitions, preparing a home after loss or moving into care, and witnessed how the process of sorting possessions can become an act of healing.

Whether it’s a single room or an entire house, Belongings offers gentle guidance for anyone facing this tender task. It’s a reminder that our homes, and the things we choose to keep within them, can help us heal.”

Regardless of whether its been weeks, months or years and the person’s belongings remain in the home, or if they’re soon moving into care, this updated edition provides gentle support to skillfully guide you in deciding what to keep, what to release, and how to honour the memories attached to each item.

The book has been met with a positive response by mental health professionals below:

"The advice and process provided in this book are logical, practical and gentle without any 'fluff'. However, this book is much more than a practical guide; it is also a supporting and calming tool that will offer you wholesome yet straightforward ceremonies to help you cultivate wellbeing.

This combination of tools will help you process your grief in a healthy and deep way and will set you on a path so you can come back to the present." - Brenda M. Whitton, Clinical Psychologist and author

Anne's professional background gifted her insights and wisdom gathered from 30 years as an interior designer, Feng Shui practitioner, and assisting clients and friends with the process of removing loved one's belongings. Anne has specific expertise in the area of suicide bereavement after losing her long standing friend and dance partner, Brett and is a contributing expert with Postvention Australia. As part of her long and difficult healing process Anne began collating the knowledge she had gathered through her work and writing *Belongings*. Available now in Paperback and Kindle.

MEDIA ENQUIRIES: For comment or an uplifting interview with Anne Peters call 0450 293 723 (call or SMS) and email: hello@unclutteryourlife.com.au

Anne Peters is an author with 30 years expertise in Interior Design graduating from the Shillito Design School, and a Feng Shui practitioner. www.unclutteryourlife.com.au

BOOK DETAILS: Available Now Paperback RRP (AUD) \$14.85 and Kindle \$4.50

AMAZON LINK TO BUY <https://tinyurl.com/5fx5ax2h>

