

A CLEAR PATH

Regina Lark, CEO, CPO®
A Clear Path: Professional Organizing for Home, Work, Life
PO Box 241941 Los Angeles, CA 90024
regina@aclearpath.net

BIO

REGINA LARK The “Singing” Organizer

Regina Lark is the founder and CEO of A Clear Path, a professional organizing business. Regina approaches her work from a holistic perspective. She believes that clutter is a manifestation of negative thinking that impacts the whole person. Her BODY, MIND & SPIRIT philosophy has regularly drawn wide attention and her presentations on the subject are very much in demand.

Dr. Lark’s holistic approach to clearing the path of clutter, giving attention to the client’s body, mind, and spirit, has positively impacted the lives of her clients which include “boomers” and seniors, people with hoarding disorders, and the chronically dis-organized.

Using humor and smart information, she presents interactive de-clutter workshops for non-profit organizations and private corporations.

Regina also teaches seminars on time management and “Organizing 101.” Her teleseminar, *Psychic Debris and Closet Clutter: Six Steps to De-Cluttering The Mind and Other Matter* explores the relationship between the stuff in one’s head and what’s under one’s bed.

A natural born entertainer, Regina loves her work so much that she just has to sing about it. One crisp fall morning, on her way to de-clutter a storage unit for a client, Regina found herself humming the tune of “My Favorite Things” replacing the traditional lyrics with her own hilariously funny take on the organizing process. She performed her “Organizer Song” recently at the acclaimed Los Angeles Organizing Awards to great applause and laughter. In addition to live performances of her song, she also teaches through singing. Her second single “Let It Go” is set to the tune of the holiday song “Let It Snow.”

Regina earned a Ph.D. in History from the University of Southern California. She holds certifications in Professional Organizing, Chronic Disorganization, and Hoarding disorders from the Institute for Challenging Disorganization.

For more information, visit her website: <http://www.ACclearPath.net>



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BACKGROUND

A CLEAR PATH is a company of creative people who work with folks overwhelmed by clutter and disorganization to help improve their spaces and their lives.

- **WHAT DOES IT DO?** A Clear Path listens to clients to understand their situations, helps them determine what they want or need to do, then guides them to a successful and safe conclusion.
- **WHY IS IT IMPORTANT:** Clutter and disorganization lead to a multitude of problems such as unpaid bills, a seriously messy office or home, embarrassment of having people visit, shame regarding the situation, and anger and frustration at the inability to effectively address the issues.
- **WHAT NEED DOES IT SERVE:** A Clear Path specializes in helping those who live amid clutter or who have loved ones with clutter become more organized in a safer and cleaner environment.
- **WHO IS REGINA LARK:** Regina is a Board Certified Professional Organizer. Dr. Lark is a member of the National Association of Professional Organizers and the Institute for Challenging Disorganization as well as the National Association of Women Business Owners and the LGBT Aging Alliance. Using her rich tenor voice, she sings her way through people's crowded spaces and overstuffed places. Regina began de-cluttering and organizing her family's garage at a very young age and has been clearing paths ever since! Let her clear yours!



<http://vimeo.com/29847144>

Password – Clutter

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REGINA LARK MEDIA WORK

Last updated 08/25/11

Click logos for more information

TELEVISION



Select Episode 44: Billy Bob/ Jean

PRINT

Los Angeles Times

THE WALL STREET JOURNAL.

ONLINE



RADIO



SOCIAL MEDIA

A CLEAR PATH

Newsletter: Top Ten De-clutter Tips



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SING ALONG WITH REGINA

THE ORGANIZER SONG®

(To the tune of, "My Favorite Things")

I love your clutter oh let me get at it!
Sorting and grouping, I'm nearly an addict!
Paper clips, tchotchkes, and binders with rings,
These are a few of my favorite things.

Bumm-dabada-bumm-dabada-bumma-dabada

Miles of files and 8-tracks and cables.
Containerize this! Oh you'll love it with labels!
Organized kitchens, and closets, and beads,
Call us we'll help with your de-clutter needs!

Bumm-dabada-bumm-dabada-bumma-dabada
Bumm-dabada-bumm-dabada-bumma-dabada

LET IT GO!®

(To the tune of "Let it Snow")

Oh the clutter inside is frightful, and my dear it's
not delightful. Time to make those piles low! Let it
go! Let it go! Let it go!

Well the papers on the desk are falling. Seems we
need a good over-hauling. So let's give it the old
heave-ho! Let it go! Let it go! Let it go!

When you finally say good-bye, to the stuff you
don't need, please don't cry. 'Cause as long as you
really try, your life will be easy as pie!

Now Gerialin's work with hoarding, is daunting but
also rewarding. So it's time to unblock the flow...
Let it Go! Let it go! Let it go!



[Click here](#) to watch and download Regina performing "The Organizer Song"

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TESTIMONIALS

There is no way to explain the peace of mind I felt after Regina organized my office. She did more in one day than I did in ten years. You owe it to yourself to experience that wonderful feeling of finally becoming organized as well as the increased productivity and profitability which opens so many new doors, and sets your mind free, (at last). It will change your life! Everyone needs “the Regina touch!”

– Francis X. Maguire

It was so inspiring to get all that stuff moving out of garage. I feel unblocked. My handyman showed up today to work on roof. I started on the staircase closet and connected speakers to computer I started putting clothes into plastic tubs from my upstairs closet. A never ending circle of life. You created a flow.....more than you know. Thanks again.

– CH

“I cannot say enough good things about Regina’s ability to help me sort through 30 years of files and memorabilia after my husband died. Although I am not really disorganized, I was overwhelmed by the amount of paper and various sorts required. Regina’s quickness, sensitivity, and knowledge were invaluable. And we managed to have a good time.”

– Lynne H. April 2010

My office was so cluttered that people asked if I had a table, where were my chairs, or would we like to meet outside. When Regina finished my office, people teased me about actually having a floor or that they didn’t know I had furniture. In a short period of time, Regina was able to see what I needed and worked with me on what should stay and what should go. She was kind, respectful, and extremely efficient, and she sang the entire time! Her strong voice and fun songs made the experience seem more like fun than work.

– Ronni Sanlo, Ed.D.

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MEDIA RESOURCES

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