

Four people talk about how they have cleared the clutter (ненужные вещи) from their lives and are now living in style with relatively few possessions.

1. Melanie Martin

Having a simple orderly wardrobe makes life less complicated. These days I am much more careful about clothes than I used to be. I buy one well-made piece of clothing that I'm going to love and cherish, rather than several inexpensive items which will soon wear out. I've limited my wardrobe to a couple of well-known labels and I take a lot of care whenever I buy something to make sure it's right for me. A few years ago, I would just take clothes off the rails (*вешалка*) without really thinking about whether they'd suit me. Inevitably, some of them would get thrown away unworn.

2. Annabella Bevan

My flat is uncluttered (*не загромождена*), I have wooden floors and only a few pieces of furniture, but I have chosen what I own with care. But if I go off something, I won't hesitate to throw it out because, for me, things have to be right. I work from home and I am setting up my own company to sell things on the Internet, but I'd like to work in a soothing, relaxing environment. Having an orderly home and wardrobe helps me to cope with the frantic lifestyle people around me lead in London. It sounds strange, but when I switch on my computer here, I feel a lot calmer than I would in an office. Of course, the look of things does come into it too, but I think if you keep your clothes and possessions tidy, it can improve your mood.

3. Graham Knight

The design of my flat is not a fashion statement. It's meant to be modern and contemporary, but I did it because I like it, not because it's the current trend. It's very much my space because I designed the interior myself. It's very homely. It's also very functional. I love cooking and the focal point of the flat is the steel worktop in the kitchen area. There's no dining table, so I both cook and eat on the worktop. I am always having people round for dinner and they seem to like the informality of it. In the living room, there are two cream sofas and a black side table. I don't feel the need for anything else because I'm not a very materialistic person really.

4. Barbara Clayton

I don't have a wardrobe. My clothes hang behind a see-through curtain so that I can take in everything at a glance. Above the rail is a transparent plastic shelf on which I put my scarves and jumpers. I buy a lot cream-coloured things and I'm prepared to spend quite a lot of money on one item. But it lasts so much longer than cheaper clothes that I think the expenditure evens itself out over time, because I end up buying fewer things overall. I usually have a shopping spree (*покупательный бум*) at the start of each season and resist the temptation to buy things on impulse in between. I will only buy things in one or two quality fabrics and, as I get older, I think I know what suits me, so I don't make many mistakes.

Прочитайте тексты. Ответьте на вопросы. Выберите номер текста, отвечающего на вопрос.

Which person says that he / she aims to create a less stressful working environment?

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