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Contact:

Carol Paul

carol@TheTeamClean.com

240-398-6430

The Ultimate Family Clean-Up-The-House Formula Is Revealed in New “*Team Clean*” Book by Carol Paul

Sports Legends Endorse Concept of Bringing “Team” to “Family”

Bowie, MD, October 14, 2013 - Can the problem of Mom feeling like her family’s personal cleaning service, clutter controller and full time home organizer be solved?

Not only does Carol Paul’s new book, “*Team Clean*,” have a solution but her system also instills discipline in children, creates lasting family bonds and forms an unbreakable tradition that all the members of the household will look forward to.

“If busy moms and dads need cleaning help and more family time, *Team Clean* is the perfect playbook to make it happen,” said Paul, author, [professional speaker](#), entrepreneur and co-owner of a basketball camp.

“Most cleaning books will tell Mom (or Dad) to go it alone, and teach tricks or shortcuts to make it more ‘enjoyable’ or efficient. *Team Clean* is different. Gone are the days of cleaning alone. It’s not all on that *one person* anymore. The book offers cleaning help for life,” she said.

“The book shows overworked parents how to create a team made up of every member of the household. The reader learns how to get that very team to clean their home for them once a week all while creating a tradition that changes their family forever,” she said.

“The most important team you’ll ever coach is your family, and this book will show you just how to do it. It’s a must read for a busy parent trying to make sure to keep family time in the schedule,” said Mike Krzyzewski, “Coach K,” Hall of Fame coach at Duke University.

She shares her simple step-by-step ways to make it happen, regardless of age, ability or attitude.

“It’s amazing that the whole house is covered in less than an hour without cleaning any other night of the week,” she said. She helps parents create a personal family-bonding element (she calls it the reward) and shows them the life lessons and discipline that are instilled in their children as a result. Disengaged families reconnect, marriages grow stronger and sibling rivalry diminishes.

“*Team Clean* could very well bring back the family young couples dream of when they get married and first have kids!” she said. “And there is no better time to bring the system home than the Fall. Now is the time we return to bus stops, play groups, book clubs, after school activities and practices, sports schedules, homework, carpools, PTA/PTO meetings, bedtimes and more.

Do not let the outside world take top priority in your family. Get your routine off to the right start this year with the help of *Team Clean*.”

“I’ve been part of some great teams in my life, DeMatha High School, Harvard University, *The NFL Today*, and *Inside the NFL*. There is a lot to be learned from being a team member. This book shows you how to take the team concept and use it with the most important people in your life—your family. I can’t think of a greater way to invest your time,” said James Brown “JB,” Sportscaster on *The NFL Today*, CBS, *Inside the NFL* and Showtime.

“What a great idea to use the team concept to ease the life of a busy, overworked, stressed out mom. The life lessons children can learn from this are infinite and the fact that you get a clean house along with it is priceless. A win/win for parents and children,” said Tina Galdieri, head cheerleading coach of the Baltimore Ravens.

“I have lived my life with the priorities of God, family, school and basketball. After reading this book, I am thinking I might amend them to: God, family, school and Team Clean,” said Morgan Wootten, Hall of Fame Coach at DeMatha Catholic High School.

For information about the book and the Team Clean system, please visit,
<http://www.TheTeamClean.com>

About the Author:

Carol Paul is an author, entrepreneur, and co-owner of Coach Wootten’s Basketball Camp. She co-founded the Team Clean system with her husband in 2000. She has chaired several non-profit events over the years and continues to serve on numerous committees in her community.

About the book:

Team Clean: The Ultimate Family Clean-Up-The-House Formula
By Carol Paul
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