You can do something about it.
The overstuffed mailbox with circulars that go straight to the blue bin. The offers for credit cards you don’t need or want. Envelopes chock full of coupons for deals on services you won’t or can’t use. Go ahead, take control of the junk.

“Catalog Overload”
If you are getting a lot of catalogs with more pottery for your barn, get your name on the Direct Marketing Association's Mail Preference Service and reduce several sources of direct mailings for free. This includes catalogs, magazine offers, and other promotional mailings. [http://dmachoice.org](http://dmachoice.org)

Credit Card Offers
Who doesn’t want a new line of credit at 50% APR? Probably you. [https://](https://) 

[www.optoutprescreen.com](http://www.optoutprescreen.com)
*Despite the mix of "Required" fields and not required in red italics, SSN and telephone numbers are *NOT* required. Just name and address.*

Grocery Binge
From at least five markets, perhaps one of which you visit. There’s probably an app for the deals (I’m talkin’ to you, Safeway), so stop grocery ads from RedPlum (a.k.a. Valassis, ShopWise, Advo) for five years: [http://www.redplum.com/mailing-addremove.aspx](http://www.redplum.com/mailing-addremove.aspx)

Valpak

Pennysaver
Someone else may beat you to the ’82 Beemer... Includes TheFlyer.com publications as well. [http://www.pennysaverusa.com/mailinglist/](http://www.pennysaverusa.com/mailinglist/)

Bed Bath and Beyond

Yellowpages
You’ve got interwebs, who needs paper? For the yearly doorstep to, er, stop, let your fingers walk on over to [https://www.yellowpagesoptout.com](https://www.yellowpagesoptout.com)