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Minimalist Living: Declutter Your Home, Schedule & Digital Life For Simple Living (and Discover Why Less Is More)



Synopsis

Save your life from your stuff with minimalist living in this #1 Best Seller
Declutter your home. Live simply. Save money. Learn mental tricks to want what you already have, instead of always craving more. Minimalism doesn't mean you live in a bare apartment and own three shirts. Minimalism means cutting out the things in your life that waste your time, energy and money, so you can spend time on the things you love and cherish most. It's true: Less is more. NEW 2nd Edition: Updated & Expanded. Now includes 30% more content and an interview with the author! If you buy
• Minimalist Living, you will: Declutter your home, declutter your closet and declutter your mind
Want what you already have
Quit the shopping addiction
Live a more full and creative life with frugal living
Learn how to practice simple living but also live a life of abundance
Harness mindfulness and gratitude to live a happier life
Discover how less is more with minimalism
Don't waste another day buried under things. Live a life of beauty, engagement, simplicity, and abundance with minimalism. Buy • Minimalist Living today to learn how to declutter your home, save time, digitally detox and live a life of true meaning.

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Customer Reviews

Good book, just wish it was longer. Its interesting how the 80/20 principle affects so many areas of our lives. Negative visualization was another helpful concept("What's the worse that could happen if I get rid of this item?") and "can you replace it easily for \$20?", if so, then get rid of it. This year Ive decluttered about half of my belongings ,including over a hundred articles of clothing. Some of these points he mentioned were pioneered decades ago by Don Aslett and others, but its always good to hear it again and apply it.

This is a really good book presenting a sensible explanation of minimalism as a lifestyle rather than just an "emptying your house forever" change. Lots of excellent suggestions for paring down your "things" as well as your schedules. Doesn't require one to "sell everything they own" but rather to keep those things that provide value and quality to life. Does offer suggestions for getting a return on what you do pare down - selling, auction, or tax credit for donating - then, take the money (or freedom of time from parting with the excess), and use it to improve your quality of lifestyle without adding more "stuff". Easy to read, well written, and very reasonably priced at \$5.79 paperback or just \$.99 kindle version.

This is simple and to the point. I like that it is well organized and concise. It's easy to read a chapter in a few minutes and get the info you need. I've been on a minimalism kick lately but I often get overwhelmed. This helped me to get back on track and take things in small bits. I focus on cleaning out a single shelf in stead of a whole room. Thanks!

This book is well written, and goes into detail of how to minimize and declutter Your life in different aspects of Your life. While it did not help in all aspects of My life it did help with the digital clutter. Alas, give this book a try and see how it helps You.

Easy read. Helpful tips and ways to be less materialistic

It was my first book about minimalism. Great inspiration to continue learning more about it. It helped me a lot.

Concise and philosophical in its approach. Minimalism is the guiding principle even in the way the author writes this book!

Broad overview. Good but certainly not in depth. Introduces concept n terms with brief descriptions. Quickly read for general info.

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