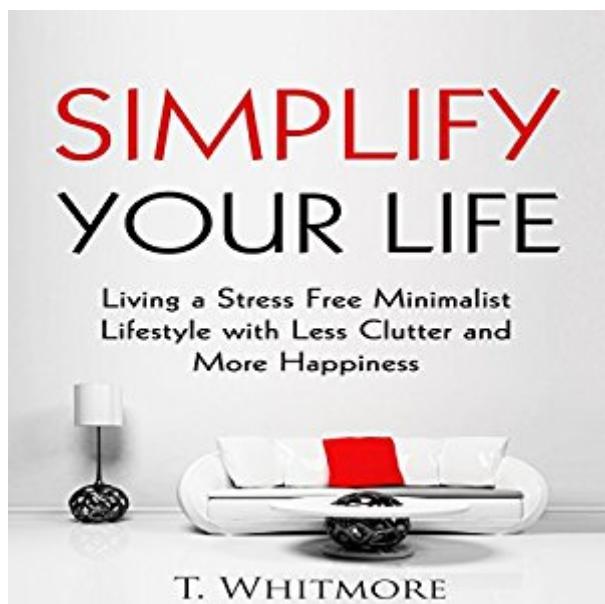


The book was found

# **Simplify Your Life: Living A Stress-Free Minimalist Lifestyle With Less Clutter And More Happiness**



## Synopsis

Would you like to simplify your life, downsize, and become debt free? Then this book is definitely for you! Most of the things we own, we don't even pay attention to in our day to day lives. You must keep finding things around your home you see only once a year, and yet you keep finding them every spring cleaning. You clean them up, meditate a bit on the memories they bring back, and put them back in their secret place. Then you forget about them for at least a few months. And it's not just about the things we don't use daily. It's about the attitude, the desire to own so many things. It's a vicious circle we draw ourselves, and we keep following the line like our lives depend on it. Start collecting memories and stop collecting things! Here are a few things you will learn: Living big is not always living happy Less desires - less stuff Your definition of minimalism Tiny living, living off the grid and awakening And much, much more! Take action now! Listen for even deeper information on the minimalist lifestyle. More stuff doesn't mean more happiness. What you need is more freedom, less worries, and a whole lot of room for your stories to be told.

## Book Information

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Health, Mind & Body > Self-Help

## Customer Reviews

This is a great book on Minimalist. All of the things that I need to know about Minimalist are already included and well described inside. T Whitmore has done an incredible awesome job in compiling and creating this book of Minimalist lifestyle. Also the unique part of this book is the compilations of the easy tips on how to de-clutter your life and take an easier approach to everything, the secrets of a simplified life and much more. They are all so useful, informative and well written. Overall, this

book is worth reading! I highly recommend this book to all. With that, I'd like to give this book a Very High and Amazing 5-Star.

I just finished reading this book, and found it user friendly and rather helpful for practicing self-improvement. Several ideas, such as definition of minimalism, connecting with our past, digitalizing our life, etc. offer useful insights into our way of thinking. There is also a beginner's guide, which is very conveniently subdivided into several practical steps that in fact can change your life for the better. Excellent guide for anyone learning tips to help you overcome your fears and fight stress better!

Reading, then skimming, then flipping through this publication made me realize I had already simplified my life and there's not much more I can learn from a book. I realize this doesn't tell you much about the quality of the book, but really, do you need a book to tell you to be present in yourself while you make decisions about possessing something. I, for the most part, have come to the realization that if I am lusting after something, I should put it down and come back a day, or maybe a week later and see how I feel about it.

Great guide on following a minimalist lifestyle. The book started off with references to one of my favorite comedians, who kept everything real -- George Carlin. In one of Carlin's acts, he said that your house is basically a place to store your crap while you go out and get more crap. That's pretty much the message of this book in a nutshell. This book gives you easy tips on how to de-clutter your life and take an easier approach to everything, from grocery shopping, to re-thinking how much home you need, to reuse and recycling tips. This book is just a great starting point to cutting back on the hustle and bustle of life.

In today's world, it's easy to get lost - that's why I tried this book. I can tell it's worth it because it contains lot nice information about living better life. It has nice tips and help live better life.

I have always liked the minimalist approach to life in the materialistic standpoint. The more "stuff" you have to deal with the more busy you are in serving your stuff instead of it serving you. The guide outlines an accurate and systematic approach on how to reduce what you use to minimum and increasing your time enjoying life itself. Great read to anyone who identifies with this approach

This way to clear up my life and get the things clear is precisely what I wanted last five years. It can help everyone in simple words to change attitude to things and issues in your like to get your mental health better!

I have always liked the minimalist approach to life in the materialistic standpoint. It is very interesting to read about making our life simple. This book change my life so i like this book very much. Thanks to author.

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