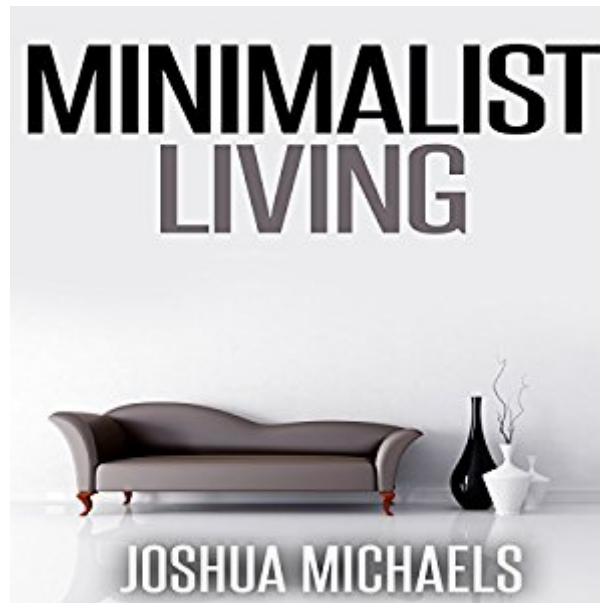




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Minimalist Living: Simplify, Organize, And Declutter Your Life



Synopsis

Simplify Your Life, Reduce Stress, and Increase Your Happiness This audiobook will introduce you to the minimalist lifestyle and provide you with strategies that you can apply in your life. Not only will you learn how to simplify, organize, and declutter your physical and external world, but you will also learn various techniques to simplify, organize, and declutter the internal aspects of your life as well.

Practical Tips for Organization Even though minimalism is more than just limiting and organizing your possessions, those points do need to be addressed. In the upcoming chapters you'll be given specific steps to help you gain control over your space and possessions. Don't worry, this isn't one of those preachy, "you must give away everything you own except for exactly 50 items" type of books. This book is here to remind you of the things you already know, give you some specific tips that point you in the right direction, and encourage you along the way. It's more important for you to start reaping the benefits of a minimalist lifestyle, than it is to try to live by some arbitrary and rigid set of rules. Minimalism is not just about things, it's about living! If you feel at all overwhelmed, chaotic, or stressed know that there is hope. When you set out to simplify your life in meaningful ways you will find that you have a better, happier, and more fulfilling journey ahead of you. It does come at a cost, even though temporary. You must be willing to take the necessary steps to rid your life of what has been holding you back and bringing stress into your life. No matter how great your life is today, you can make it better with just a little bit of conscience effort -and it will be worth it.

Book Information

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Customer Reviews

This was very helpful with many detailed, practical tips! so glad I stumbled upon this gem! tips broken down by area and presented in an easy to read list.

Changing my life. Impacting.

Great tips for minimalist living. I totally agree with this philosophy- it's not what we have, it's how we live...

I was bored.

I found this to be very basic and it lacks any true insightful content. Unless your life and home are in chaos what is suggests is of little value.

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