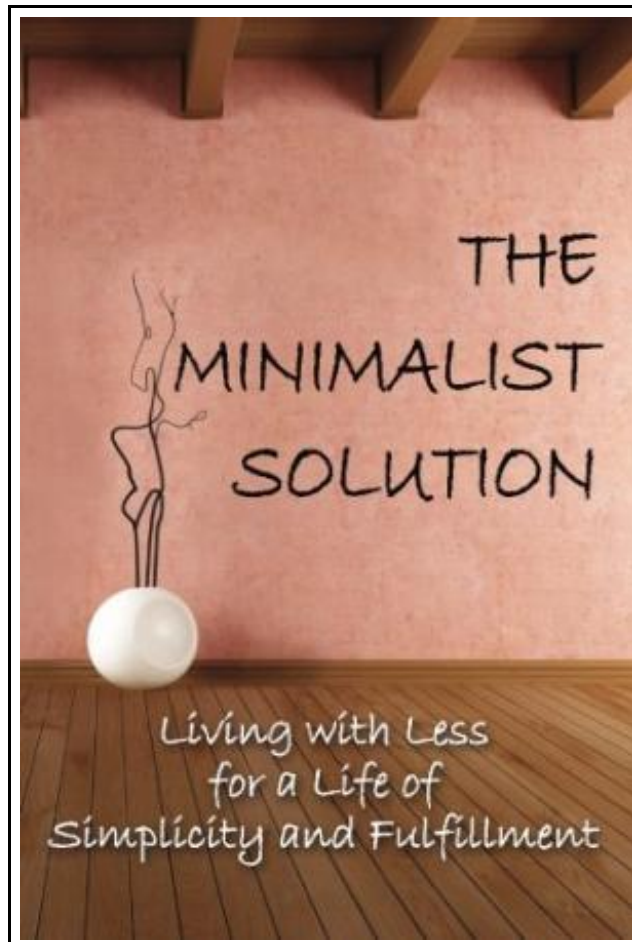


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Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.You re about to learn exactly how to simplify your life and begin living with less. The minimalist lifestyle has been a valid idea for decades and has only become more and more relevant as our society progresses more and more into a materialistic world. It seems like so many people are chasing the cart, running the rat-race, and looking for that extra thing that just might possibly be the answer to their contentedness. Little do they know, that the answer to happiness just may well revel in living with less possessions, not more. It seems so easy to just prescribe one to get rid of a majority of their possessions and then ask them to feel happy, but we all know that simplistic approach is not the answer. Living the minimalist lifestyle and finding fulfillment is not necessarily about how many toys you have, but what you do with the things you do have, as well as the ways you architect your activities and schedules. Minimalism is a personal, tailored lifestyle that adheres to each person who dares to live it - and THAT is what brings happiness and fulfillment. How, might you ask? This book is your answer! Here Is A Preview Of What You ll Learn.How exactly does the minimalist mindset work?Benefits and Advantages to MinimalismTaking stock of your current situationOrganization and ReductionApplying minimalism to your daily activities and scheduleHow to maintain the minimalist lifestyle with support.and much, much more!.



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