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Minimalist: A Minimalist Guide To Do More With Less To Simplify Your Life



Synopsis

Learn how to be happier with less, declutter, and simplify your life today! A "minimalist" guide that will give you more peace of mind and freedom. This book has lots of actionable information on how to simplify your life by embracing minimalism. "Simplicity, clarity, singleness: These are the attributes that give our lives power and vividness and joy as they are also the marks of great art." (Richard Holloway) When Holloway uttered these words, he may as well have been talking about minimalism. Minimalism is the art of living a more fulfilling life with only the things you need. It is about having less mental, emotional, and physical clutter, negative thoughts patterns and "busyness", while having more time and space for things that really matter to you. The underlying idea or concept seems easy. However, living a minimal life is hard especially in our modern society where having more is the "in" thing. In the world we live in, we barely have time to pay attention to what we need. As a result, we have lost touch with ourselves and in the process, lost our values. This has created a void within us; a void we try to close with more stuff, more activities, and more company. Minimalism is a way to return to consciousness of choices and start living with intention. By adopting minimalism, you will live a more rewarding life. If you do not know where to start, you do not need to rake your brain anymore. This book is the ultimate minimalism guide and the only book you need to learn what minimalism is and how to integrate it into your life! Here's a preview of what you'll learn: What is minimalism? How to become a minimalist How to create a minimalistic home The principles of minimalist living How to detach yourself from material belongings How to focus on what truly adds value to your life

Book Information

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Customer Reviews

This is incredibly wordy yet says very little with some bizarre typos like "de-clattering" which appears in several places. The content is nothing that you haven't read in every other book about minimalism. There are many better written books on the subject.

The thing I most appreciate about this book is that it actually practices what it preaches: the book itself is simple and minimalist. It follows, as you can see in my images, 12 simple principles aimed at simplifying in every way. And it does all this in very few pages. Now, a lot of readers want to find a "real book" when they download an ebook. This one has good ideas about simple living, but it's extremely short ... er, I mean minimalist. So if you're looking for 100 pages, look elsewhere. This book is more like 20 pages long (my estimate). It's a quick read. Most of the book is geared toward cleaning up the home: getting rid of clutter, painting everything one simple color, decluttering some more, and so on. Some general statements in the book struck me as a bit annoying because they are uncited: "research shows we only wear 20% of our clothes 80% of the time." What research? And what does that even mean ... we go clothingless? I'm confused. It's a spare and simple book about cleaning up a cluttered life. I've read better books, but this one is not bad.

I've been adopting a more minimalist lifestyle for the past year now, and it's worked wonders. My boyfriend was quite the hoarder...we've taken out dozens of trash bags, and made several trips to our goodwill store to donate! It started when I began to feel unsettled a year after I moved in with him. A clean space is highly important to me; I'm motivated or demotivated by my environment. Room after room in our house had so much...stuff! Stuff that was old, stuff that was not needed, so I decided it needed to go! This book is a simple starter guide to begin a less cluttered lifestyle. Its easy to follow steps are encouraging, and since it's not wordy, you'll spend less time reading, and more time decluttering! If I may quote a small section here, this about sums it up- "Minimalism is not easy (at first) but it is possible and very easy, once you settle into it. Once you settle into it, you will realize how much time you wasted holding on to the wrong things."

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