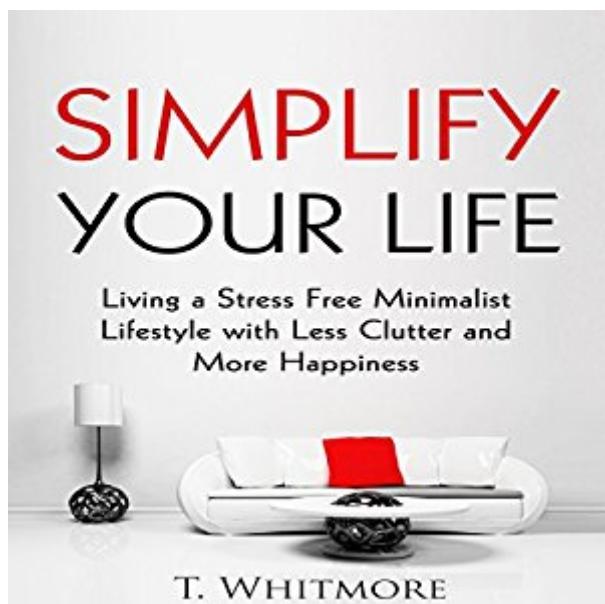


The book was found

# **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

Audible Audio Edition

Listening Length: 42 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Terrence Wood

Audible.com Release Date: March 18, 2016

Language: English

ASIN: B01D3U59XQ

Best Sellers Rank: #43 in Books > Health, Fitness & Dieting > Addiction & Recovery > Hoarding #572 in Books > Crafts, Hobbies & Home > Home Improvement & Design > How-to & Home Improvements > Cleaning, Caretaking & Relocating #3750 in Books > Audible Audiobooks > 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.

[Download to continue reading...](#)

Minimalist Living: Simplify Your Life: Living a Stress Free Minimalist Lifestyle with Less Clutter and More Happiness Clutter-Free: ONE HOUR A WEEK DECLUTTER! Simple Stress-Free Habits of a Clutter-Free Life. How to Organize Your Home, Finance & Lifestyle! (Clutter Free, Lifestyle, Clutter, Declutter) Simplify Your Life: Living a Stress-Free Minimalist Lifestyle with Less Clutter and More Happiness CLUTTER TO CLUTTER FREE: A Step by Step Guide on How to Organize and Get Rid of Clutter For a Stress-Free Life and Home (Home Organization, Hoarding, Declutter, Clutter free living with Kids) Clutter Free: Clutter Free Home EASY DECLUTTERING GUIDE (Clutter free, Clutter, Decluttering, Tidying up, Organizing, Tiny house, Minimalism) Deep Work: 2 Manuscripts: Minimalist - The Best Ways To Simplify Your Work Life, Minimalist - Finances And Budgeting The Minimalist Way Minimalist Lifestyle: How to Start Living Simplistically Right Now (minimalist living, minimalism, living minimally, spirituality, declutter your home, decluttering, self-help, happiness, freedom,) Minimalist: A Minimalist Guide to Do More with Less to Simplify Your Life The Minimalist Budget: A Practical Guide on Living Well, Spending Less, How to Save Money And Living Your Life With a Minimalist Lifestyle Minimal Lifestyle: 11 Minimalist Ideas to Clear Your Life (Minimalist living, Self Confidence, Stress Relief) Deep Work: 2 Manuscripts: Minimalist: The Best Ways to Simplify Your Work Life; Finances and Budgeting the Minimalist Way Less Is More: How To Live With Less Stuff For Greater Health And Happiness (Minimal Living, Minimalist Living Tips) The Minimalist Budget: A Practical Guide On How To Save Money, Spend Less And Live More With A Minimalist Lifestyle Less Mess Less Stress: Minimalist Routines To Declutter Your Environment, Unload Your Mind And Optimize Your Day Less Mess Less Stress: Minimalist Techniques to Declutter Your Environment, Unload Your Mind and Optimize Your Day Minimalist Living: Simplify, Organize, and Declutter Your Life Living with Less: Discover the Joy of Less and Simplify Your Life The Joy of Less: A Minimalist Guide to Declutter, Organize, and Simplify (Updated and Revised) Mindfulness: A Step-By-Step Beginners Guide on Living Your Everyday Life with Peace and Happiness by Becoming Stress Free (Buddhism - Stop Your Worries, ... Your

Stress and Anxiety with Meditation) Minimalist Living: Declutter Your Home, Schedule & Digital Life for Simple Living (and Discover Why Less is More)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)