



Pure and Simple: How to Simplify Your Life, Do Less, and Get More

By Martin Meadows

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 96 pages. Dimensions: 8.0in. x 5.0in. x 0.2in. Get More out of Life with Less Effort Youve heard of people living the good life. They always seem to have plenty of time, money, and energy to fulfill their goals and dreams. Their secret A simple life. Pure and Simple is based on the 8020 principle and suggests steps to simplify your life, accomplish more, and increase the quality of your time and efforts all with less work! Inside, youll learn how and why you should: - limit your choices in everyday life. Discover four areas of your life that can be greatly improved. - declutter your physical and digital space. This doesnt mean living with less than 100 things. - use the golden rules of simplification. Make decisions more quickly and with less effort. - cut unnecessary time commitments. Have the time to reach your goals and fulfill your dreams. - build a positive outlook. Learn to overcome a negative mindset to better enjoy your life. All these suggestions are laid out to help you shift away from the frustrating mindset of fixing your life by working harder,...



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