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Minimalism: How to Declutter, de-Stress and Simplify Your Life with Simple Living

By Simeon Lindstrom

Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****. Minimalism: How To Declutter, De-Stress And Simplify Your Life With Simple Living Today, a growing number of people are becoming dissatisfied with their lives and turning to simpler ways of working, living and raising their children. This book will explore the philosophy of minimalism and how it can streamline your life, declutter your home, reduce stress and reconnect you to whats truly important. Youll find ways to adopt a mindset that promotes simplicity and elegance in your every day life, and rethink your dependence on material possessions. Whether in our wardrobes, kitchens, work lives or our deeper sense of personal and spiritual purpose, we could all do with focusing on things that align with our values and reducing the distraction of those things that pull us away from them. This book shows you how. Here Is What You Will Learn After Reading This Book: The History of Minimalism What it Means to be a Minimalist Tips for Hacking Away at The Unessential How to Tune in to Your True Needs How to Move Forward With Simple Living And much more! And Here...



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