



## Minimalist Living: How to Become a Minimalist

By M a Hill

Createspace, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Minimalist living is a concept that is being seen more and more. It has been around since the dawn of man, but it's been getting a lot of notice now as people are looking to simplify their lives. Studies have shown that minimalism makes it easier to get rid of stress. It turns out that having too many tools and too much stuff can make our lives more stressed and more complicated. IN THIS BOOK YOU WILL LEARN: WHY I WROTE THIS BOOK WHY YOU SHOULD READ THIS BOOK TABLE OF CONTENTS INTRODUCTION CHAPTER 1: The Benefits of Going Minimal CHAPTER 2: A Guide to Decluttering CHAPTER 3: Pare Down the Closet CHAPTER 4: Going with Less in the Bedroom CHAPTER 5: Slimming Down the Kitchen and Dining Room CHAPTER 6: A Minimalist Bathroom CHAPTER 7: Less in the Living Room CHAPTER 8: A Home Office, Minimalist Style CHAPTER 9: Storage Spaces in a Minimalist Way CHAPTER 10: Tips to Organizing Like a Minimalist ABOUT THE AUTHOR: M. A. Hill is a world renowned author and writer...



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