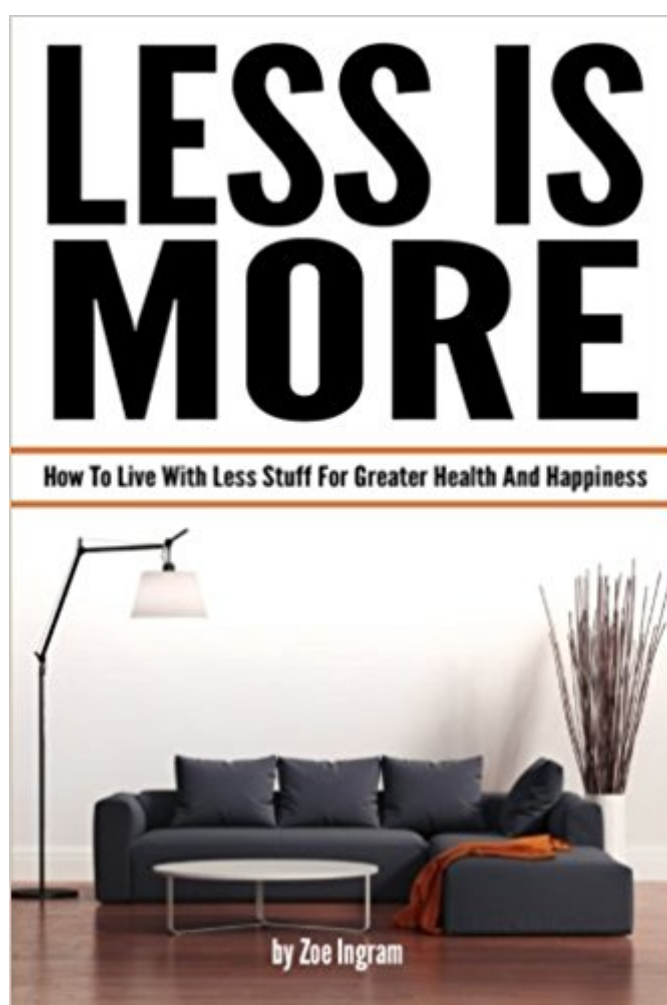


The book was found

Less Is More: How To Live With Less Stuff For Greater Health And Happiness (Minimal Living, Minimalist Living Tips)



Synopsis

If you're feeling overwhelmed, stressed out, or tied down by the sheer amount of stuff around you, then shifting to a minimalist mindset may be exactly the solution you're looking for. Minimalism is a concept that can give you freedom and help you gain control again over your out-of-control environment. Minimalism is about being the happy monarch of your own kingdom – your space and surroundings – and ruling it the way you want, rather than letting your land rule you. It is not about living with less than a certain number of items, or keeping only what can fit in a backpack, and it's certainly not a one-size-fits-all solution. The goal here is to live with what you need and what makes you happy, rather than being surrounded by mounds of items that serve no specific purpose in your life. While this may be a difficult journey, think of it as a cleansing of your soul. Regardless of the reason you choose to practice Minimalism, there is a very simple reason that it is addictive for those who have chosen this path – it works!

Book Information

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Customer Reviews

I liked the book and only had a couple of disagreements on certain comments that were made. The comments concerning books versus Ebooks. There is nothing better than holding a book versus an Ebook. My opinion.....And no spare parts. My husbands shop held all kinds of spares that saved us a trip into town many times. One Christmas Eve he saved for one family by having the parts they needed to get their water back on. But there is a happy balance of what spare parts is needful. Especially when you live 30 minutes from town. I liked the book tho. It was good and those who need to do this and have the mentality that the author talked about... Makes it a great read for them.

Got Too Much Stuff? I know I do and I buy more all the time. A good example is the new selfie stick I just purchased. I already have one but my new one will allow me to fire the cellphone camera from the stick. My old one would fire the camera from my smart watch. Yes, I bought a smart watch which really does nothing more than what my smart phone will do. Speaking of the selfie stick, I have never used my old selfie stick. Are you getting the picture? Stuff just keeps piling up, I have no place to put them but I still buy more stuff. Boy! I needed this great little book. It is just long just enough to get me started in becoming a minimalist. My first move is to stop buying stuff. And now I will start to getting rid of all the clutter around my computer, after that I will start expanding this idea for my whole house. Author Zoe Ingram has saved my day, I am now aware of my problem and her techniques to correct the mass of useless items give the reason to start. Very useful book, Got too much stuff? This book will help. Very Recommended

I like this book "less is more". I liked how he describes minimalism as surrounding yourself with everything you love and removing anything that is purely made out of habit. As sometimes, we forgot how to differentiate our wants and needs. And this has caused us cluttered in all aspects of our life. Just like this book says getting started is the hard part. Like anything else that you want to start, but once you established that practice of being a minimalist. Everything will be done with joy, this book remind me as well to have my war cry, a way of motivating myself to keep pursuing things when times my mind and body doesn't want to. I enjoyed reading this book and would like to recommend this to all who wants to start a new and minimalist way of life.

I always knew that the clutter in my home caused me anxiety and have even tried cleaning it up a few times in my life, but it never stuck. After reading this book I feel even more passionate about getting rid of the clutter and feel I actually have the reasons I need to not let it go back. This is a must read!

Less is More is a short and sweet practical guide that gives you the information you need to downsize and clear the clutter. Not so sure about the war cry??? Lol but great take action information start to finish. The author opens your mind to think about the benefits of simplicity and shows you how to have less and be happier. Great place to start if you mind you're getting a little overwhelmed in your life with too much crap! Good stuff!

I'm thankful that I have read this book since me and my husband will have our own home soon and I

want our interiors to be minimalist. I had a great time reading this book since the only way to declutter your home is to think less and always think of what you will use only on your daily basis. Over all this book is perfect when you are planning to have a new home or renovating your house.

Easy to read and concepts seems adaptable. I like how the author compares multitasking and decluttering with freedom. I learned that I struggled with letting go of possessions and I need to make some changes. I like how the author compares how much money we spend just to save stuff as having a stranger in our house rent free.

Lots of great information that seems like it will be pretty easy to implement. I like how the author laid out everything very simply and didn't go into information/detail overkill. This is the first book I've read on simplifying, and it really helped to get my mindset where it needs to be to let the decluttering and freeing begin. Can't wait to put these tips and ideas into practice!

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