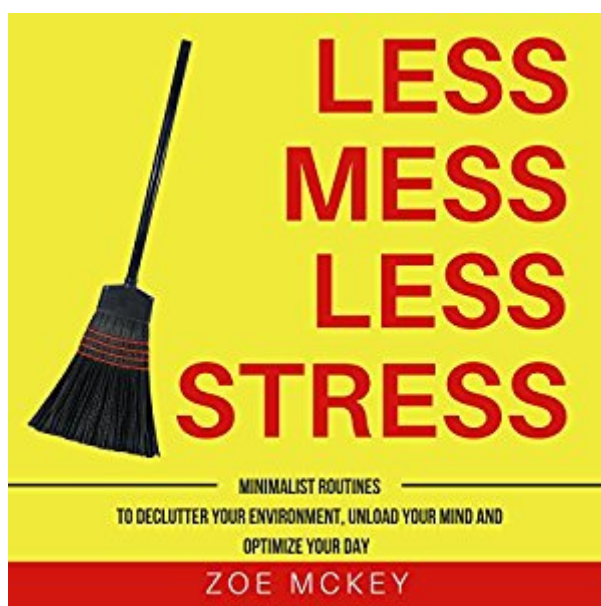


The book was found

Less Mess Less Stress: Minimalist Techniques To Declutter Your Environment, Unload Your Mind And Optimize Your Day



Synopsis

Does life seem overly complex and constantly overwhelming? Do you feel anxious from your obligations, duties, and cluttered surroundings? Would you like to have a more free life? Don't compromise with your happiness. "Good enough" is not the life you deserve - you deserve the best, and the good news is that you can have it. Learn the surprising truth that it's not by doing more, but less with Less Mess Less Stress. We know that we own too much, we say yes for too many engagements, and we stick to more than we should. Physical, mental, and relationship clutter are daily burdens we have to deal with. Change your mindset and live a happier life with less. This book will help you if: You're committed to reducing stress in your life You wish to get rid of things and keep order around you You feel mentally overwhelmed and you seek real solutions how to simplify your days You want to be a more understanding and patient friend or spouse You seek real life examples on how to change your life for the better with the help of minimalism Minimalism is an inversely proportional process: the less you do, the more will you have. And the less you keep the happier you'll be.

Book Information

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#550 in Books > Audible Audiobooks > Nonfiction > Philosophy #871 in Books > Health, Fitness & Dieting > Aging

Customer Reviews

This book is fantastic. Helped me get my head around things and adjust my thinking to a more adaptive mindset

When I opened this book, I was immediately drawn in. I have just moved into a new home. I was surrounded by the chaos and confusion of boxes and I needed her 911. BADLY! This book is just

perfect for clearing clutter. It is written in a clear and easy to use way that gets to the point immediately. Just what I needed, and I can't THANK YOU ENOUGH!!!!

When I hit buy now I was a little concerned that I may end up with a digital clutter filled with feel-good fluff. I am happy to say that after devouring the book in one long sitting, the title is a perfect reflection of what to expect from the book. Less Mess Less Stress offers various thoughtful methods the author has developed for pursuing a more fulfilling life free of some of the burdens we can sometimes bear. You can tell the author herself has experienced struggle with her own decluttering shortcomings relative to the topics she speaks on because her pragmatic pieces of advice aren't just "smile in a mirror and all should be fine" platitudes in disguise. Some of the advice isn't entirely novel, for example, she incorporates Marie Kondo's tips and other minimalist approaches to decluttering. However, her viewing her advice through the minimalist lens offers a fresh idea. New values in an old perspective.

Excellent book for everyone, especially professionals. Insights from the lives of historical personalities to present day legends help in developing one's own vivid perspective about handling stress. The simple realization that stress and anxiety are far from a new aspect of life, and is, in fact, an inevitability of human existence, actually helped calm me down, and reading these insightful and unique stories and perspectives was surprisingly enjoyable. The author's research must be appreciated.

Great read on true minimalism. Not just about getting rid of stuff but rather to simplify life in order to discover and focus on the things that really matter.

Basically a pleasant read on simplifying your life. The author writes from a very personal perspective, and she makes that clear from the beginning. Her experience and the suggestions she derives from it are timely and potentially helpful. Probably an excellent introduction to the minimalist mindset, while avoiding the extremes that can evoke.

I consider myself a minimalist therefore I was interested in this book to see how other minimalists see the world. Zoe's minimalism concept is unique, stress-free and easily implementable. I can highly recommend this book to all those people who seek a simpler but happier life.

A collection of simple, concrete measures to declutter your inner and outer life. An easy read, particularly helpful to readers new to the notion of minimalism.

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