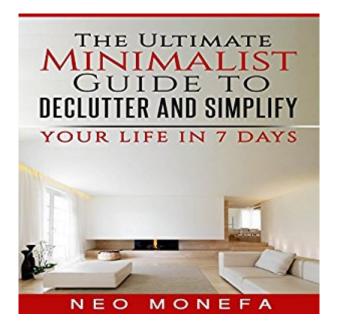
The book was found

# The Ultimate Minimalist Guide To Declutter And Simplify Your Life In 7 Days





## Synopsis

Use these powerful practical tips to immediately eliminate stress and anxiety and begin to embrace minimalism in your life today! We mistakenly believe that the more stuff we have, the happier we'll be. But this is the furthest thing from the truth. Material possessions don't bring happiness or meaning into our lives. By becoming a minimalist, you will understand that it's pointless to spend your life chasing possessions. You will learn to rejoice in what you have. Also, you'll realize that the most expensive things in life don't have price tags and are within every one's reach. Minimalism gives you back freedom that money and possessions steal. It also gives you time to spend on what matters to you. As if not enough, it takes away all your worries. What you will learn from this book: Understand how to apply Minimalism to every area of your life especially your emotional connection to the things you own. How to make small, every day choices that lead to a happier and more fulfilled life. How to reduce your physical clutter and minimalist room & home design. Tips and hacks to financial freedom through minimalist budgeting. And much, much more! Why you should buy this book: In this book, I will show you how to become a minimalist. This will mostly involve identifying things you don't need and eliminating them from your life. Discover how the mindset and philosophy of minimalism can take back your time, life, energy, and well-being. A mindset tested over thousands of years with powerful results! You will be given step-by-step methods and hacks to freedom from consumerism, clutter, stress, and simple living. You will learn practical strategies to help you achieve a higher level of freedom and time wealth than ever before!

## **Book Information**

Audible Audio Edition Listening Length: 41 minutes Program Type: Audiobook Version: Unabridged Publisher: Paramount Publishing Company Audible.com Release Date: May 19, 2016 Language: English ASIN: B01FV3HHKQ Best Sellers Rank: #20 inÅ Books > Audible Audiobooks > Arts & Entertainment > Design #35 inÅ Books > Audible Audiobooks > Arts & Entertainment > Art #282 inÅ Books > Crafts, Hobbies & Home > Home Improvement & Design > Decorating & Design > Interior Decorating

## **Customer Reviews**

I just went through this as I downsized from a 1500sq ft house into my RV so to say I went minimalist is an understatement. The freedom I feel now is amazing, all that stuff did was weigh me down. This wonderful book is full of outstanding ideas and ways to downsize just a little at a time or if you want a lot at a time but it gives you tips to do it your way. Donâ <sup>™</sup>t worry what others think of your lifestyle choice its your life, right! I cannot say enough good things about this little gem of a book or its author, buy it you wonâ <sup>™</sup>t be disappointed.

I'm glad I got this book. I was thinking about going through all my stuff and eliminating stuff but I just haven't gotten around to it. It has really motivated me and made me realize that I don't need all this stuff. I hold onto clothes thinking that one day I might need backup clothes. What exactly is backup clothes anyways?! After reading this I feel I'm ready to donate slot of stuff to people who really need it.

I don't wear designer clothes. I don't carry a designer purse...I only own one, not 4 or 5 like most of the women I know. No mani's or pedi's because I can file and paint my own nails. The list goes on and on. However, as much as I am totally comfortable and happy living this way, I can't say the people in my life that I called friends feel the same way. They have tried to shame me into paying a crazy amount of money for hair cuts because they felt my hair "looks bad," or I must go shopping for new clothes because I "need a new style." That is code for "let's go and spend \$300 on a pair of shoes." My clothes are clean, in very good shape, and fit well. I might not be the mosy stylishly dressed woman in the room but I'm not wearing a potato sack either. (Smile!) My hair is actually in great condition because I don't blow dry it, use a flat iron, use "product" in it. I make my own shampoo and conditioner so there are no harmful ingredients that will affect me or the environment. They don't get it. I have lost all of my "friends" due to my choice to live minimally. And before anyone starts to judge me and accuse me of trying to convert those people to my way of living, I want to say that is not the case. My view is 'live and let live.' If you choose to make a huge change to your life just be aware that there might be folks that just won't understand and could potentially walk away.

#### Download to continue reading...

The Ultimate Minimalist Guide to Declutter and Simplify Your Life in 7 Days Easy Minimalist Living: 30 Days to Declutter, Simplify and Organize Your Home Without Driving Everyone Crazy The Joy of Less, A Minimalist Living Guide: How to Declutter, Organize, and Simplify Your Life Minimalist Living: Simplify, Organize, and Declutter Your Life Minimalism: How To Declutter, De-Stress And

Simplify Your Life With Simple Living The Minimalist Budget: A Practical Guide On How To Save Money, Spend Less And Live More With A Minimalist Lifestyle Organize Your Life, How To Be Organized, Productive & Happier In Life, Declutter Your Home and Be Productive at Work. (How to plan your life, Get Organized Book 1) Organize Now!: A Week-by-Week Guide to Simplify Your Space and Your Life Build Awesome Command-Line Applications in Ruby 2: Control Your Computer, Simplify Your Life The 8 Minute Organizer: Easy Solutions to Simplify Your Life in Your Spare Time Lillian Too's 168 Ways to Declutter Your Home: And re-energize your life Small House Living: How to Improve Your Finances, Declutter Your Life and Be Happier by Living in a Small House Simple Worship in the War Room: How to Declutter Your Spiritual Life and Strengthen Your Faith (Battle Plan for Prayer Series Book 2) Your Business Sweet Spot: Simplify Your Business. Amplify Your Results. Living with Less: Discover the Joy of Less and Simplify Your Life Never Too Busy to Cure Clutter: Simplify Your Life One Minute at a Time Out of Sight - Out of Mind: Declutter and Organize Every Facet of Your Life Adopting The Minimalist Mindset: How To Live With Less, Downsize, And Get More Fulfillment From Life Declutter Your Mind: How to Stop Worrying, Relieve Anxiety, and Eliminate Negative Thinking (Mindfulness Books Series Book 1) Organization: The 7 Habits to Organize Your Day, Productivity, and Focus (organization, success, efficiency, declutter, focus, productive, mind control)

#### <u>Dmca</u>