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## Minimalism: How to Declutter and Simplify Your Life (Paperback)

By Brianna Anderson

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Minimalist Living If you've been feeling overwhelmed by the amount of clutter or belongings that have seemingly taken over your life, think about cutting back and embracing a minimalist lifestyle. Minimalist living is about simplicity, clarity, and necessity. It's an intentional choice to live with less. You are surrounding yourself with the things that you value most and allowing everything else to fade away. Removing the clutter and the waste that serves more as a distraction can give you a more obvious path towards your own goals and fulfillment. The minimalist will turn away from the modern culture's drumbeat of accumulation and possessing everything that's available. Minimalists do not believe that bigger is better and that more things bring happiness. Instead, the movement aims to find real, authentic joy in relationships and experiences, not things. This book will make it easy for you to adopt a minimalist lifestyle. By reading this book you'll learn: - What is minimalism - Why choose minimalism - How to build a minimalist mindset You will also discover: - Step-by-step...

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