



Minimalist Now: The Minimalist Quick Guide for Beginners (Paperback)

By Joseph Tremblay

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Do you remember. enjoying life? Truly enjoying life; with no strings attached and no undue expectations. Think back to that time when your life was full of dreams; hopes. Think of all those things that you planned to do and hoped to accomplish. Are you there today? This book explores the rather unpopular concept that happiness comes from simplifying our lives. It proposes that by having less and freeing ourselves of all that excess that is cluttering both our lives and happiness, you can actually gain more. By following some very simple steps toward minimalism, you may recapture some of those dreams you abandoned.



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