



The 1 Week Minimalist Challenge: Become a Minimalist in a Week and Feel the Positive Effects (Paperback)

By Alice Richards

Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Minimalism is a lifestyle choice devoid of material excess, so you can have enough space for items that give you true joy. It is the elimination of clutter to help you feel light, free and at peace. As a minimalist, you do not crave for more. You have no urge to always acquire, consume and shop. You do not believe that bigger is necessarily better. You free yourself from the burden of owning physical goods. As a minimalist, you embrace the beauty in having less. You appreciate the appeal of sparseness. You find contentment from having just what you need and what truly makes you happy. The acquisition of physical things does not make you particularly happy. In fact, aiming to earn more and have more feels empty and meaningless. You realize that feeling constantly busy, frantic, and anxious is actually quite undesirable. This book contains proven steps and strategies on how to apply the principles of minimalism in different aspects of your life, so you can have more time, space, energy and money for what truly makes you happy. You no longer...



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