



Minimalist Living Made Simple: Easy, Practical Tips for a Healthier, Happier Life! (Paperback)

By J N Lee

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Discover practical tips for a healthy, happier life - with Minimalist Living today! Do you find yourself feeling stressed at home, unmotivated at work or overwhelmed by life? Are you always racing around trying to do a thousand things at once and never feeling fulfilled? You're not alone, as millions of people struggle with cluttered and complicated lives every day. The truth is that most people aren't intentionally making things difficult, it's simply that they don't have the right tools for simplifying their life. There are easy, effective techniques anyone can use for adopting a minimalist lifestyle and reducing the extra baggage of life that weighs us down. Find out how in this guide. Inside this book you'll find out: How Minimalist Living is scientifically proven to give you a healthier, happier life Discover practical tips for de-cluttering your home or office How saying no can make a big difference Why owning less can give you more How to quickly and easily adopt a minimalist life (without throwing everything out!) The most common...



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