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Minimalism: The Less Is More Lifestyle

Minimalism

The
Less is More Lifestyle

By Rita Chester



Synopsis

Happiness and freedom through having less and embracing it. I am a minimalist in a lot of ways, and I think everyone should have at least the basic knowledge of what it contains. It's liberating, destressing, and more efficient to adopt attitudes and habits of minimalism. In this book you will find, among others: How happiness is linked directly to minimalism Ways exercise self-control and emotional peace by consuming and cluttering less Where minimalism comes from and how it's different from simply being tidy How minimalism leads to financial freedom and more time and money Thoughts and messages of living the minimalist lifestyle the right way And much more!

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