



## You Can Buy Happiness (and It's Cheap): How One Woman Radically Simplified Her Life and How You Can Too

By Strobel, Tammy

New World Library, 2012. Soft cover. Book Condition: New. 8vo - over 7¼ - 9¾" tall. While the new field of happiness research makes headlines, and the 99% face austerity at every turn, blogs like The Art of Nonconformity, Zen Habits, and Miss Minimalist attract millions looking to find more happiness, community, and fulfillment in less stuff, less debt, and less wage-chasing. Tammy Strobel and her husband are living the voluntary downsizing or smart-sizing dream and here she combines research on well-being with numerous real world examples to offer practical inspiration. Her fresh take on our things, our work, and our relationships spell out micro-actions that anyone can take to step off the getting-and-spending treadmill and into a life that's more conscious and connected, sustainable and sustaining, heartfelt and happy.



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