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Less Is Best: Declutter, Organize, Simplify to Reach Minimalism; Get More Time (Paperback)

By Sage Wilcox

Find Your Way Publishing, Incorporated, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Self-Help, Inspiration Do You Want More? There are multiple reasons behind stripping everything off and returning to the basics. Living a life of simplicity is not about living poorly, it is about living richly and in focus. When we complicate our lives with material objects, and then strive and stress to maintain those objects, we find that life can become chaotic, busy, lonely, and unfulfilling, which can lead to depression and discontent. When you seek and find clarity, everything around you turns into an opportunity. When you ask, you will receive if you are clear. The minimalist lifestyle offers freedom, peace, ease. With this book: * You ll learn about the primitive brain and how it rewards you for things that it thinks it needs, thus forming habits that do not serve you. * You ll begin to see the many rewards that come from minimalism and that you are the architect of everything that happens in your life. * You ll discover why the thought of more is so attractive, and learn what you need to do to simplify...

Reviews

This book is great. it absolutely was writtern quite properly and beneficial. Its been written in an extremely basic way and it is merely after i finished reading through this ebook in which basically changed me, affect the way i really believe.

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