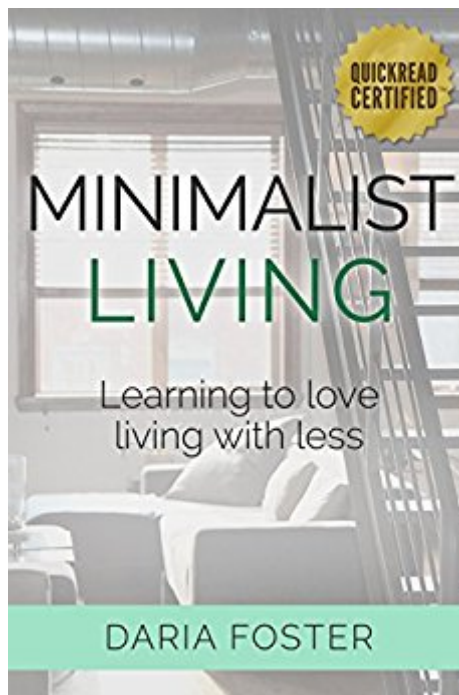




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# **Minimalist Living: Learning To Love Living With Less (Minimalism And Decluttering)**



## Synopsis

Praise for this book..."Minimalist Living. This is a MUCH healthier way of thinking." "More stuff = more stress. This short book was a great reminder that contentment isn't found in the abundance of possessions." "Time freedom, location freedom and financial freedom... that's much more desirable to me than a house filled with clutter. No more 'retail therapy' for me." In this edition of the Kindle Quickread series, Daria Foster shows us how to avoid getting caught up in the "consumerist" or "more stuff = more happiness" mindset. She believes that we can all learn to love living with less and that doing so contributes to a life that is characterized by contentment, location freedom, time freedom and financial freedom. Here Is A Preview Of What You'll Learn... What is minimalism and how can you incorporate this mindset into your life? How does minimalism contribute toward obtaining time freedom, location freedom and financial freedom? How does simplifying your life reduce stress? How can you identify destructive patterns in your own life and then step away from them toward a healthier way of living? How can you determine which possessions you have become needlessly anchored to? Why are so many people consumed with lifestyle complexity and how can you avoid that trend? And much, much more! What are Kindle Quickreads? Kindle Quickreads are a series of short books that are meant to be read in one sitting. Each "Quickread" tackles just one particular subject. This series of books aims to give readers the encouragement, assistance and ideas they need to handle specific problems or areas of personal growth. Kindle Quickreads are exclusive to Amazon's Kindle platform. They are not available for purchase or borrow in any other format. They may be downloaded on Kindle devices or read utilizing the Kindle app on your phone, computer or tablet. Various talented authors have contributed to the Kindle Quickread series and our team continues to grow. Their talents and insights have helped thousands of people and we look forward to offering many additional books in this series over the coming months. Download your copy today! Take action today and download this book for a limited time discount of only \$2.99 USD! (or FREE if you're using Kindle Unlimited).

## Book Information

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Cleaning, Caretaking & Relocating

## Customer Reviews

I dropped everything to read this little book and immediately went into action. I have been under significant stress for several months. The minimalist life is the perfect direction for me and this short read provided a great picture and how to begin.

Basic introductory read. Nothing I haven't read already but a good intro to minimalism. I would recommend this to friends!

enjoy it

This was an excellent quick read! It gave me the direction I needed. I can't wait to put this into practice.

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