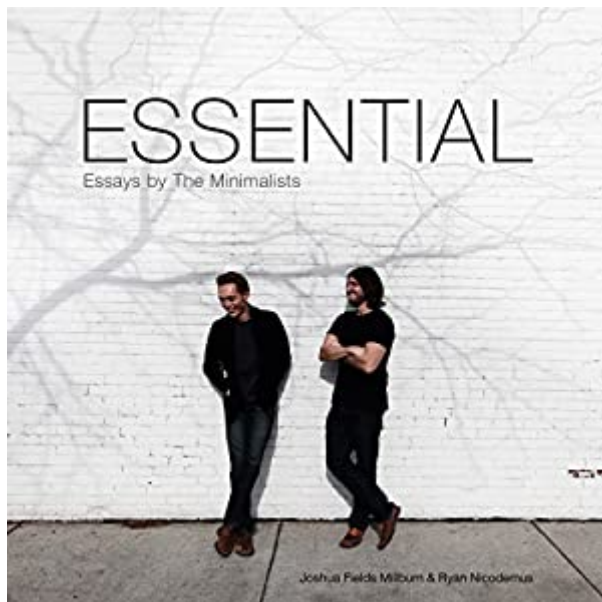


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# Essential: Essays By The Minimalists



## Synopsis

The best of the Minimalists! This book by Joshua Fields Millburn and Ryan Nicodemus collects the most relevant essays - some short, some long - from their popular website, TheMinimalists.com. This collection has been edited and organized to create an experience that's considerably different from reading individual selections online. From simple living, decluttering, and finances to passion, health, and relationships, Essential is for anyone who desires a more intentional life.

## Book Information

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## Customer Reviews

Such an enlightening memoir. This book literally changed my life the first time I read it, and I got so much value from it that I read it a second time. The Minimalists' experiences are so relatable, and can give anyone hope of changing their own life for the better, no matter their current circumstances.

This book as well as the other 2 books they've written related to Minimalism put the words on something I've personally been thinking of for quite a while. They're 2 young fellows but very mature for their age. They understood the core of what a real fulfilled life is and the "Five Values" they came up with for living a meaningful life summarize very well what most people aspire to be deep down inside. I've read a lot of books in my life but this one was the right timing for me. Great job guys!

I have been a minimalist for a few years and always enjoy Millburn/Nicodemus' views. I find myself

re-reading their books continually to stay on the minimalist track. I know it's a catchy word for 2017, but it honestly makes for a peaceful life.

While many of these essays are available on The Minimalists blog, there is something meaningful about this reorganized delivery of them. There is a story and flow to the essays, which when read together is almost a narrative about the path to creating a more intentional life. These essays are filled with personal anecdotes that ring as authentic. Much of the advice makes you shift your perspective on something you always thought you knew, but now you can truly see the cost of the way you've been living your life until now. The tips and advice are not easy, but they are simple. And they are things that you can start doing today to change your life for the better.

### Inspirational

I have been doing a good deal of reading and research on the subject of minimalism lately. The Minimalists' blog is one of my favorite sources of encouragement as my family goes through the process of reducing and simplifying. You don't have to be young or single to make major life changes like this. I am a 46-year old mother of 7 (some who have grown up and moved out.) We are seriously paring down our possessions to only those things that are truly useful or bring us joy. We can't wait to put our house on the market and down-size considerably. I can not begin to tell you how liberating that is! Contrary to what popular culture professes, we are finding that the less we have, the more content we become. This collection of essays is an "easy" read, (I read through it in a 24-hour period,) but don't let that fool you. It is full of big ideas -- ideas that you can chew on for a lifetime. These writers may be young, and their writing style is still developing, but take it for what it is and enjoy their enthusiasm and down-to-earth language. If your tastes run more towards high-brow literary works, you might want to stick with Thoreau. To be honest, much of the content can be found on The Minimalists blog, but I didn't mind a bit, nor did I feel cheated, as that is what I expected. It is nice to have these essays put together in book form. I am seriously considering getting some hard copies to give away to friends.

In a world full of unnecessary things, this book was absolutely refreshing. The ideas expressed are impactful, thoughtful, and relevant. Since it's comprised of short, digestible essays, it makes for succinct, easy reading. A must read for anyone looking to improve the quality of their life.

This book is to be loved for its simplistic wisdom. I am so grateful to both authors for their authentic account of their meaningless searches and pivot into something life of meaningful. This book found me through a podcast and as I was searching in my journey for something more, I quickly learned it was something less that my soul, house, bank accounts, family and relationships needed.

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