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Minimalism: Declutter Your Mind, Declutter Your Life

Minimalism

DECLUTTER YOUR MIND,
DECLUTTER YOUR LIFE.



TODD FOLEY



Synopsis

Your minimalism journey begins here. “Simplicity is the ultimate sophistication,” Apple Computer slogan, 1977 We can learn something from the late Steve Jobs about minimalist living: How to declutter, live simply and be generous, all while achieving our dreams. Buy “Minimalism: Declutter Your Mind, Declutter Your Life” to: Gain control over your life Have less stress Use the “J-Word” to free yourself of consumer thinking Use the 5 Box System to declutter your home Read 20 inspiring minimalism quotes Gain a better sense of self Make room for more joy in your life Minimalist living is about finally making the space in your life to become who you truly are. Learn from history’s greatest thinkers how they achieved great success in their lives through a life of minimalism. Take back control of your life today. Buy this minimalism book to get started right now.

Book Information

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Customer Reviews

This is a short book but I really like it. It is different in that it's not simply a list of things not to do, such as subscribe to magazines. It also gets into the emotional aspect or the meaningfulness aspect of having less material stuff. On the other hand there are a few tasks that I have bookmarked to jumpstart my own minimalization.

Found this to be VERY helpful in organizing my life. I highly recommend. Helps you to set priorities and focus on the most important things that will change your life for the better a MUST read

A very helpful book and interesting suggestions on how to clear your head and life of all the unnecessary clutter that bogs you down and hold you back in life.

Great book really gave me an understanding of what minimalism really is and that it's not just about getting rid of everything and living with bare walls. Also found out that I have a lot of minimalist tendencies.

I have not read it yet but I have a friend who bought and told me very well about this book. There is nothing better than good reading.

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