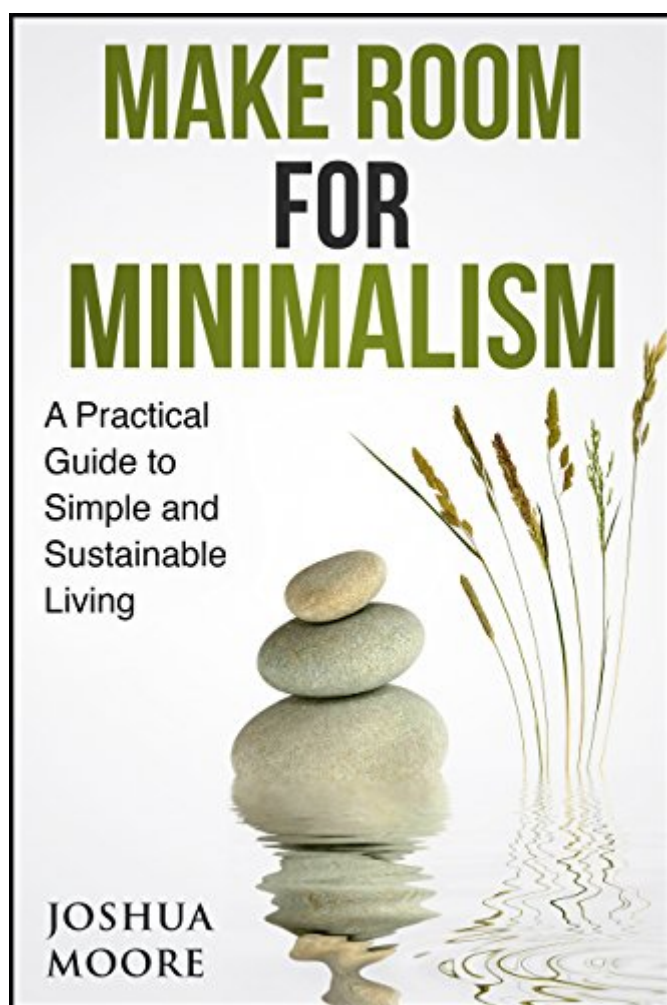


The book was found

Make Room For Minimalism: Becoming Minimalist - Simple Living Guide (The Art Of Growth Book 4)



Synopsis

Become a Minimalist! Get a fresh, happy meaningful start! Make Room for Minimalism will help you to live a meaningful life while reducing stress and anxiety. It is a clear cut yet powerful, step-by-step guide to minimalism, a sustainable lifestyle that will enable you to finally clear away all the physical, mental and spiritual clutter that fills many of our current stress filled lives. Minimalism will help you redefine what is truly meaningful in your life. When you declutter your life, you gain the space and time to breath and appreciate how complete your minimalist life can truly be when you lose all the extraneous junk! This book provides you with access to the information you need to use and the techniques that will ultimately allow you to become a minimalist and enjoy the simple life! The implementation guide is organized in clear sections that cover the following elements of your life yearning to be freed from extraneous stress inducing excess: Decluttering your home Spiritual minimalism: achieving a minimalist mindset Developing the positive habits of a minimalist live More is less: How to achieve minimalism in your personal relationships Utilizing the principles of minimalism in the workplace New Minimalism: sustaining the simple life through minimalist economics From definitions to practical tips, this book will transform every aspect of your life to a harmonious whole. Eager to experience the world of minimalism? Add a single copy of Make Room for Minimalism to your library now, and start counting the books you will no longer need!

Book Information

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Customer Reviews

For the last year every now and again I've decided to make my place cozy by discarding all superfluous. But every time one question stopped me "How to decide what is really superfluous?" so I shelved this idea. And when I've accidentally found this book, I thought to give it a chance and I didn't miss. This is a very good guide. I've started to follow the recommendations and I already see the results I'm happy with. The only thing that disappointing me is that I didn't buy it earlier!

When you know something is wrong in your life but you feel powerless to make changes, this book will set you right. This is a great concise guide to minimalism and simplifying your life down to the very essentials. I would definitely recommend to anyone wanting to live a more meaningful life.

I like this practical guide, this guide helps to change your life and get a fresh, happy and meaningful start, while reducing stress and anxiety, step-by-step introduction to minimalism, a sustainable lifestyle that will enable you to finally clear away all the physical, mental and spiritual clutter that fills many of our current stress-filled lives. This book will help you redefine what is truly meaningful in your life. Great guide!

This book shows so many things about how to live in a minimal way. If you feel like living on a whole new level then this book is exactly what you need to have as a guide. It fundamentally discusses carrying on with a minimalistic life. Very interesting to read and a useful one. Highly recommended

I purchased this book after shopping at IKEA, and thinking about how much clutter i have in my life. The title grabbed me and I thoroughly enjoyed learning about minimalism and love the clear step by step instructions. I do think it is a lifestyle devoid of stress and am seriously considering changing the way I live...kudos

Nice and informative guide that many should read. I was always interested in minimalism, but still couldn't decide if I can achieve it painlessly. The book ignited some courage in me.

The concept of minimalism was appealing to me for a long time but I never found time to explore the subject. Finally, I have downloaded this book. It really opened a whole new world to me! Minimalism is a mindset. It's about your attitude and if you understand the concept, you also need to be persistent in order to succeed. You may know how to clean and organize your belongings and also how to act in the office and with your friends. But this knowledge means not much until the moment when you start acting. Great read for me. It's time to put it into practice now!

I had a vague sense that I needed to move toward Minimalism, but wasn't sure where to start. This brief book sums up quite well how to get started and what to work on. I'll be using it as a reference for the weeks to come.

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