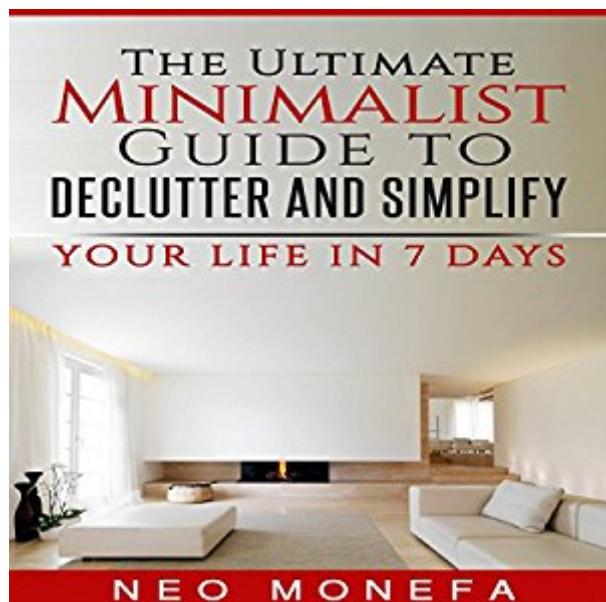


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# The Ultimate Minimalist Guide To Declutter And Simplify Your Life In 7 Days



## Synopsis

Use these powerful practical tips to immediately eliminate stress and anxiety and begin to embrace minimalism in your life today! We mistakenly believe that the more stuff we have, the happier we'll be. But this is the furthest thing from the truth. Material possessions don't bring happiness or meaning into our lives. By becoming a minimalist, you will understand that it's pointless to spend your life chasing possessions. You will learn to rejoice in what you have. Also, you'll realize that the most expensive things in life don't have price tags and are within every one's reach. Minimalism gives you back freedom that money and possessions steal. It also gives you time to spend on what matters to you. As if not enough, it takes away all your worries. What you will learn from this book: Understand how to apply Minimalism to every area of your life especially your emotional connection to the things you own. How to make small, every day choices that lead to a happier and more fulfilled life. How to reduce your physical clutter and minimalist room & home design. Tips and hacks to financial freedom through minimalist budgeting. And much, much more! Why you should buy this book: In this book, I will show you how to become a minimalist. This will mostly involve identifying things you don't need and eliminating them from your life. Discover how the mindset and philosophy of minimalism can take back your time, life, energy, and well-being. A mindset tested over thousands of years with powerful results! You will be given step-by-step methods and hacks to freedom from consumerism, clutter, stress, and simple living. You will learn practical strategies to help you achieve a higher level of freedom and time wealth than ever before!

## Book Information

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## Customer Reviews

I just went through this as I downsized from a 1500sq ft house into my RV so to say I went minimalist is an understatement. The freedom I feel now is amazing, all that stuff did was weigh me down. This wonderful book is full of outstanding ideas and ways to downsize just a little at a time or if you want a lot at a time but it gives you tips to do it your way. Don't worry what others think of your lifestyle choice its your life, right! I cannot say enough good things about this little gem of a book or its author, buy it you won't be disappointed.

I'm glad I got this book. I was thinking about going through all my stuff and eliminating stuff but I just haven't gotten around to it. It has really motivated me and made me realize that I don't need all this stuff. I hold onto clothes thinking that one day I might need backup clothes. What exactly is backup clothes anyways?! After reading this I feel I'm ready to donate lot of stuff to people who really need it.

I don't wear designer clothes. I don't carry a designer purse...I only own one, not 4 or 5 like most of the women I know. No mani's or pedi's because I can file and paint my own nails. The list goes on and on. However, as much as I am totally comfortable and happy living this way, I can't say the people in my life that I called friends feel the same way. They have tried to shame me into paying a crazy amount of money for hair cuts because they felt my hair "looks bad," or I must go shopping for new clothes because I "need a new style." That is code for "let's go and spend \$300 on a pair of shoes." My clothes are clean, in very good shape, and fit well. I might not be the mosy stylishly dressed woman in the room but I'm not wearing a potato sack either. (Smile!) My hair is actually in great condition because I don't blow dry it, use a flat iron, use "product" in it. I make my own shampoo and conditioner so there are no harmful ingredients that will affect me or the environment. They don't get it. I have lost all of my "friends" due to my choice to live minimally. And before anyone starts to judge me and accuse me of trying to convert those people to my way of living, I want to say that is not the case. My view is 'live and let live.' If you choose to make a huge change to your life just be aware that there might be folks that just won't understand and could potentially walk away.

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