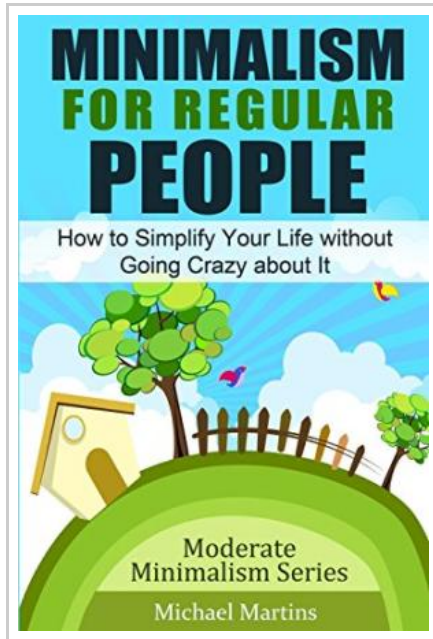



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Minimalism for Regular People: How to Simplify Your Life Without Going Crazy about It (Paperback)

By Michael Martins

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Minimalism for Regular People Are you tired of stuff owning your life? Do you feel your life is too cluttered to focus on the things which are important to you? Would you like to simplify your life without going crazy about it? Minimalism for Regular People: How to Simplify Your Life without Going Crazy about It was written for people who want to become minimalists, yet prefer to own more than 100 things or just one couch. Minimalism Isn t about Living Like a Monk The book shares with you numerous examples on how to simplify and find balance in your life without following the dogmatic principles of extreme minimalism that are very difficult to apply for a regular person. Here s what you ll learn from the book: how to deal with digital clutter to bring your attention back to the present moment how to escape the consumerist lifestyle why minimalism is NOT a new fad and has been with the humanity for hundreds of years how to achieve moderation in minimalism (I won t tell you...



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