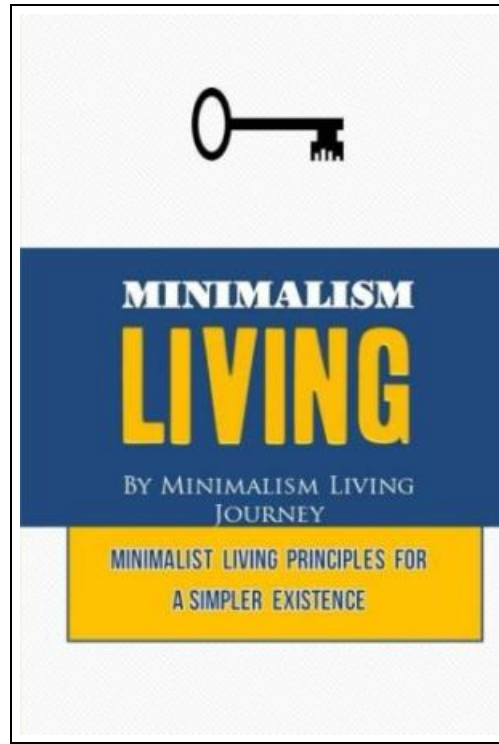


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. A Short Guide To Minimalism Living Decluttering Your Mind And Creating Peace Is Simpler Than You Might Think! If you were looking for a very brief overview of minimalism living, without the fluff, full of actionable steps - than this book might be the perfect thing for you! Stress from work and other activities if left unwatched can at times overwhelm any individual. Most often than none, people get so overwhelmed with tasks that they mentally postpone the very vital activity that involve the organization of their activities. They often perceive decluttering as the least important of all things. Therefore, they feel decluttering can wait while they attend to more important things. But what could be more important than having a sane mind and a well-organized environment? I will leave you to ponder on that. Another set of people simply do not like the idea of minimalism. They see minimalism from a negative point of view. Due to the joy and excitement that comes with acquiring new property, many people frown at the idea of minimalism. Their assumption is that a minimalist lifestyle is boring and uninteresting. Such perception of minimalism is simply wrong! this is because minimalism is simply the act of removing whatever is not adding value to your life to create space for more important ones. It is just living a simple life. A minimalist lifestyle is not all about decluttering one's home, owning few things and having a capsule wardrobe. It is about having a clearer mind that is free from a lot of disruptions and irrelevant tasks that eventually let you make prudent and sound decisions. Inside Minimalism living you'll learn: Who Is a Minimalist and why you should...

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