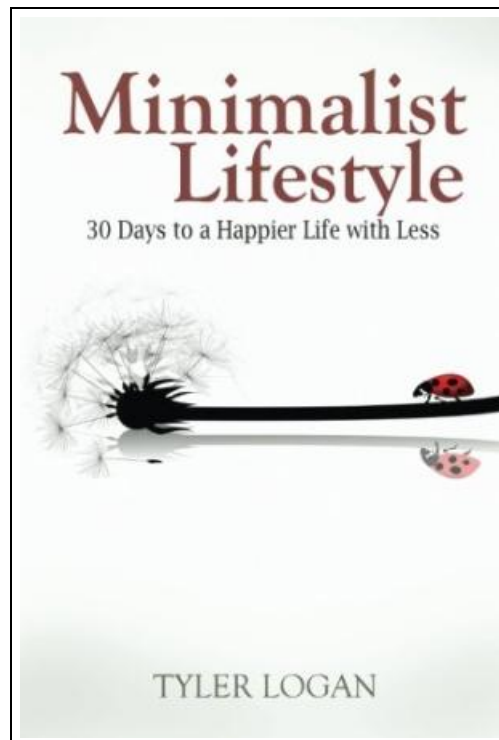


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MINIMALIST LIFESTYLE: 30 DAYS TO A HAPPIER LIFE WITH LESS (HAPPY, SIMPLE, LIVING) (VOLUME 1)



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CreateSpace Independent Publishing Platform, 2014. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: You are only 30 Short Days Away From a Happier Life with Minimalist Living! We are brought up in a culture that instills in us a passion to own things. We are taught (inadvertently) that happiness can be purchased at a store, or a car dealership, or even in the form of that huge six bedroom house with a pool and a tennis court. That entire school of thought is nothing but outright lies and propaganda! With minimalism, you will learn the freedom that can be achieved by having fewer possessions and a fuller life. It takes freedom in stepping off the road to consumerism while daring to find happiness in other aspects of life. It values things like experiences, relationships, and care of the soul. In the act of doing these things, it finds both peace and happiness. Download this book now, and find out Step-By-Step how YOU can adopt a Minimalist Lifestyle in just 30 days! What You Will Find in This Book: Detaching From Your Stuff (Days 1-3) Starting Over - What Do You Really Need? (Days 4-8) Room-Specific Minimalist Techniques (Days 9-12) Breaking Free (Days 13-16) Less Stuff Equals Less Stress (Days 17-20) Streamlining Your Schedule: The Minimalist Way (Days 21-23) The 100 Item Challenge (Days 24-27) Sell What You Can - And Give Away the Rest (Days 28-30) This book provides actionable steps to those serious about pursuing and living a minimalist lifestyle. So download today, and begin your journey!



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