HOW TO SIMPLIFY YOUR LIFE BOOK



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Elaine St. James wrote "Simplify Your Life" in 1994, and is really one of the "pioneers" of the current simplifying, minimizing, and downsizing movement (as I read through recent book reviews, newer authors are given this credit).

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100 Ways to Simplify Your Life and Make Yourself Happier

I ve been striving to simplify my life for many years now, and have recently (through my writing) been advising others how to do the same. In the process, I ve learned that making little changes in our attitudes, habits, and environment can have a big impact.

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5 Easy Things You Can Do to Simplify Your Life The Everygirl

2. Declutter your home. A messy home doesn t necessarily mean a messy life, but it s a lot more relaxing to sit on your couch than on the pile of laundry (from last week) that s currently dumped on top of it.

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25 Ways to Simplify Your Life in 10 Minutes or Less Be

While we ve established that simplicity is a practice and not a destination, there are practical things you can do every day to simplify your life. And the good news is, there are practical things you can do quickly. Set a timer for 10 minutes. Choose any of the following tasks. Stop after 10

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