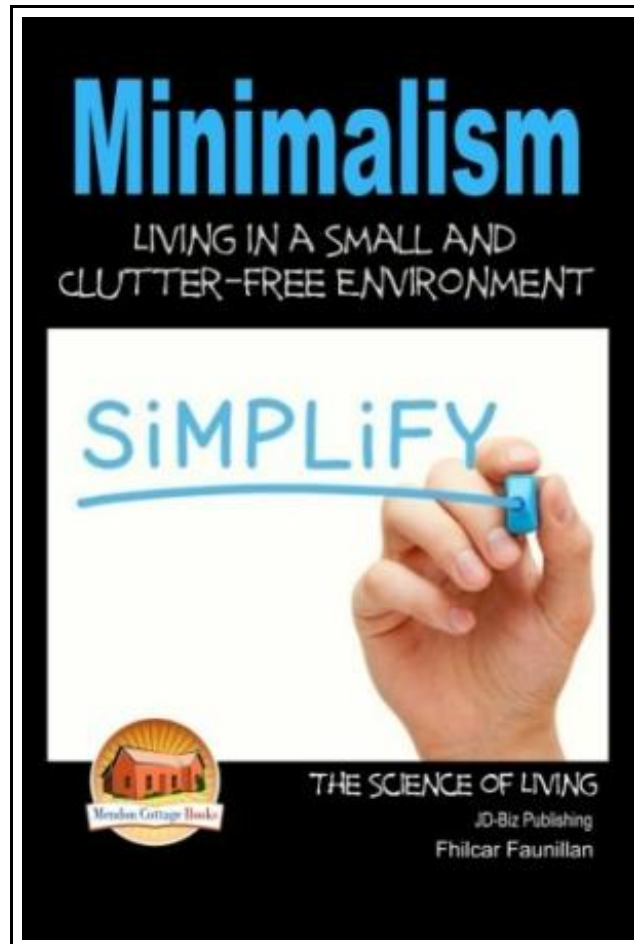


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Createspace, United States, 2015. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book ***** Print on Demand *****.Table of Contents Introduction Chapter 1: Own Less, Live Best Intentionality for Minimalist Lifestyle Chapter 2: Benefits of Minimalism Chapter 3: Getting Your Life Back Becoming a Minimalist Other Ways to Maximize Life Minimalism in Homes Conclusion Author Bio Publisher Introduction Minimalism is a way of living that cuts the gluttony surrounding our world. It is the exact opposite of what we see in ads, what we hear on the radio, or what commercials air on TV. It contrasts what our society has etched on our minds regarding the claimed importance of accumulating stuff. It tells us to dismiss ourselves from consumerism, instead of priding ourselves for all our material possessions, the clutters in our environment, the skyrocketing debts, and an abundance of infinite distractions. People are joining the craze of the material world and we are left with a meaningless one. People are crazy over lots of stuff, with closets full of clothes, racks full of shoes, garages stacked with useless gears, basements cluttered with boxes of what seems like hoarding of old items. They are living the typical life: working hard to make good money, spend a great chunk on it to pay for mortgage, buy fancy clothes, and keep up with friends who have luxury cars, or get a hand of cool technology which are seen as bragging rights. It is hard to see and realize that we do not need any of these, and that life is more meaningful when there are no people to impress, that we do not have to spend so much on stuff we don t need just to make us happy, and that a rise in pay wouldn t...



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