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Simple Living: Over 55 Ways to Declutter Your Life, Reduce Stress and Be a Happier Person (Paperback)

By Theodore Maddox

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English. Brand new Book. Simple Living: Over 55 Ways To Declutter Your Life, Reduce Stress And Be a Happier Person Have you ever felt overwhelmed and stressed due to the clutter and disorganization of your life? Have you ever wanted to downsize and simplify your world? If you're trying to get more done with less and minimize your stress level then this book is for you! I want to show you how simplifying your life can be extremely beneficial and extraordinarily easy! These 55+ steps will completely change your life! If you want to learn how to minimize stress, organize your life and declutter your home and workspace then you have to check out this book. You Will Learn. - How to get your head on straight and focus your energy - How to use your money wisely and be frugal when necessary - How and why you should limit your time using social media - How to minimize your wardrobe - How to limit the relationships in your life and focus on the important people - How to choose the job that's best for you - How to...

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