



## Introduction to a Minimalistic Lifestyle - Tips and Techniques to Decluttering y

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By Dueep J Singh, John Davidson

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Introduction to a Minimalistic Lifestyle - Tips and Techniques to Decluttering Your Life Table of Contents Introduction What Has Stopped Now? Spring Cleaning Fever Rules of a Minimalist Lifestyle Why Are You Buying Something? Can I Afford This Thing Creating Tension for Ourselves Decluttering your living space Changing Yourself to Gain Happiness Author Bio Publisher Introduction A minimalistic lifestyle has been part and parcel of the human social fabric for millennia. Why did humans need it? There was the time when humans were more interested in the struggle for survival against the elements, and against dangerous animals and also other human beings of other tribes. Slowly and steadily, human beings began to get more settled. Peace came onto the earth - or at least in their regions. Settlements began to grow. People began to settle down to an agriculturalist style of living, instead of going in for the Hunter lifestyle followed by their ancestors. Their Hunter ancestors 10,000 years ago - and ours, perhaps 25,000 years ago, and more - were not bothered much about gathering plenty of...



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