



The Big Book of Less: Finding Mindfulness and Joy in Living Light (Hardback)

By Irene Smit, Astrid Van Der Hulst

Workman Publishing, United States, 2019. Hardback. Condition: New. Language: English. Brand new Book. Combining the hands-on activity and beautiful production value that made A Book That Takes Its Time a bestseller, with 204,000 copies in print, The Big Book of Less presents a message that will be equally embraced: how paring down allows us to live not just lighter, but better. And it's a book that approaches "less" in a fresh, new way, addressing mental and spiritual decluttering as well, with tips on "cleaning out" the extra stuff in our heads to create more room for what we actually enjoy. Read about how doing less - less work, less internet browsing - allows us to reclaim time for relaxation and meditation. How talking less leaves more time for listening. Sprinkled throughout are Flow's signature paper goodies that mix the fun of learning with the fun of putting ideas into action: a just-one-thought-a-day diary helps nurture a daily habit of worrying less; tear-out Expressionist art posters inspire less scheduling; a tiny, foldable paper house underscores the appeal of living minimally; and more. A perfect gift for anyone who would breathe easier from scaling back and relish the freedom of letting go.



READ ONLINE
[1.03 MB]

Reviews

This book is definitely not straightforward to get started on studying but extremely exciting to read. It is really simplistic but shocks in the 50 percent of the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Ally Reichel

This publication is amazing. It is definitely basic but shocks in the fifty percent of your publication. You won't feel monotony at anytime of your own time (that's what catalogues are for concerning if you question me).

-- Prof. Kirk Cruickshank DDS

Other PDFs



Meditation: For Beginners Anytime, Anywhere. How to Relieve Stress, Anxiety and Depression. A Quick Guide and Techniques to Return to a State of Inner Peace, Mindfulness and Happiness (Paperback)

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Large Print. Language: English. Brand new Book. 'Meditation for Beginners'. Anytime and Anywhere. A pocket size guide that will give you Inner Peace, Mindfulness and Happiness. Simple Techniques to Relieve Stress, Anxiety...



How to Be a Man (Hardback)

HarperCollins Publishers, United Kingdom, 2018. Hardback. Condition: New. Language: English. Brand new Book. Are men supposed to be fighters? Lovers? Hunter-gatherers? Fashionistas? Business gurus? Culinary experts? You're wrong if you think one man can't be a jack AND a master of all...



LGB The Together Book (Sesame Street) (Hardback)

Random House USA Inc, United States, 2017. Hardback. Condition: New. Language: English. Brand new Book. A classic Sesame Street Little Golden Book about cooperation and friendship returns--just in time for the 75th-anniversary celebration of Little Golden Books! One of the first two...



Hacks for Minecrafters: Combat Edition: The Unofficial Guide to Tips and Tricks That Other Guides Won't Teach You (Hardback)

Skyhorse Publishing, United States, 2014. Hardback. Condition: New. Language: English. Brand new Book. From the author of Hacks for Minecrafters and Hacks for Minecrafters: Master Builder comes the most encompassing guide ever to combat in the world of Minecraft! With more than 100...



Adolescent Worlds: Drug Use and Athletic Activity (Hardback)

ABC-CLIO, United States, 1990. Hardback. Condition: New. Language: English. Brand new Book. In an important new contribution to the sociological literature, M.F. Stuck explores both the place of sport in adolescent society and, more specifically, the ways that drug use or non-use...



Minecraft Guide to The Nether and the End: An official Minecraft book from Mojang (Hardback)

Egmont UK Ltd, United Kingdom, 2017. Hardback. Condition: New. Language: English. Brand new Book. Now that you've mastered the Overworld, the time has come to brave the perilous Nether and End dimensions. But survival will be even more difficult here and you'll...