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The Joy of Less

By Francine Jay

Brilliance Corporation, United States, 2016. CD-Audio. Book Condition: New. Unabridged. 170 x 132 mm. Language: English . Brand New. Francine Jay pioneered the simple living movement with her self-published bestseller, The Joy of Less. In this fully redesigned and repackaged edition featuring never-before-seen content Jay brings her philosophy to more readers who are eager to declutter. Rather than the crash diet approach found in other tidying up books, Jay shares simple steps to cultivate a minimalist mindset and form new habits, paving the way to lasting success. Her easy-to-follow STREAMLINE method works in any space from a single drawer to a closet, room, or entire house. What s more, it can be called upon during clutter-inducing life events such as moving, getting married, having kids, or downsizing. The Joy of Less is a refreshing and relatable approach to decluttering that belongs in every home.



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