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# Minimalism: How To Declutter, De-Stress And Simplify Your Life With Simple Living



## Synopsis

Today, a growing number of people are becoming dissatisfied with their lives and turning to simpler ways of working, living and raising their children. This book will explore the philosophy of minimalism and how it can streamline your life, declutter your home, reduce stress, mindless consumerism, and reconnect you to what's truly important. You'll find ways to adopt a mindset that promotes simplicity and elegance in your every day life, and rethink your dependence on material possessions. We will explore how practical changes to our surroundings can lead to a previously unknown inner peace and calm. Whether in our wardrobes, kitchens, work lives or our deeper sense of personal and spiritual purpose, we could all do with focusing on things that align with our values and reducing the distraction of those things that pull us away from them. This book shows you how. For those born and raised in the height of our consumer society, the idea that happiness and personal fulfillment is found in stuff is more or less a given. The capitalist machine we all live within requires only one thing of us: that we should constantly want, and the things we should want are to be found, usually, in malls. Malls that are filled with strategically placed advertising, with the sole purpose to entice and lure you, trying to convince you that you need, not want, their specific product. Our economy relies heavily on a steady stream of consumption: better clothes, cars, bigger houses and things to fill those houses with, the newest appliances, Christmas decorations, pet toys, jewelry, office furniture, pot plants, gaming consoles, specialty tires, luxury soaps | the array of stuff is simply dazzling. But if you are reading this there's a chance you find this overabundance just a little | exhausting. Paradoxically, there seems to be a sad sort of emptiness in filling up one's life with more things. What is simple and truly valuable often seems to be completely hidden under mountains of what is unnecessary. Although advertising tells us the best way to solve problems is to buy solutions, tranquility and a graceful life seem to elude us, no matter what we buy or how much of it. Minimalism is an aesthetic, a philosophy and a way of life. This book takes a look at how deeply liberating a simpler life can be, and shows you ways you can adopt a calmer, more deliberate way of living and working. Minimalism is about clearing away the clutter that is distracting from what is really important. It's about rethinking our attitudes to ownership, to our lifestyles and to our innermost values.

## Book Information

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## Customer Reviews

What a wise and well-written little book! It's a short read, but leaves you with so much to think about. This is NOT a de-cluttering guide, but an introduction to a lifestyle that eliminates the behavior that leads to clutter. In a non-condescending way, the author explains that minimalism doesn't equate to poverty or de-cluttering. If you become poor, you may lose possessions (by necessity, not choice) but you will probably experience sadness and anger, rather than relief. If you force yourself (or are forced) to give up some of your precious possessions, you will also be left feeling deprived. Eventually you will get more stuff to fill the empty place in your life. How many times have you read of friends and family cleaning out the house of a hoarder, only to have the hoarder fill it back up in record time!?! This book isn't about your "stuff." It's about examining your FEELINGS about your possessions and determining if those feelings are adding happiness and peace to your life or stress and turmoil. As the author points out, it's not just material things that clutter up our lives, but also activities and even people! Are you buying what YOU want to buy? Doing what YOU want to do? Spending time with people YOU want to be with? Or are you following the path of least resistance and frittering your time, money, and emotions away without finding peace and happiness? In my long life, one thing that has always struck me is that the happiest people are those who feel that they have control over their lives. The saddest, angriest people are those who feel they have no control.

This book is about taking control of your life in a way that is possible for ALL of us.

This excellent book is well written in a lucid and naturally flowing narrative with good grammar. The book is an excellent explanation of the philosophy of minimalism using simple analogies that clearly and concisely allow the understanding of the complex ideas of the minimalist philosophy. There is no lack of detailed descriptions of the problems people face dealing with a materialistic way of life as opposed to a simplified and more rewarding lifestyle represented by the minimalist approach. By reading this book a person can learn to reduce stress in their life by elimination of the material clutter and the need to maintain the materialistic way of life. The author emphasizes the importance of the more valuable things in life such as spirituality and getting the most out of life's experiences. There is also an excellent section on raising children that as a parent I really appreciate. All in all, this book is an excellent one for anyone to read and it should help people to lead a fuller and a more enjoyable life in a more meaningful way. I plan to use the book as a main reference in a different but related book I am in the process of writing now.

Minimalism is becoming a new wave of positive living by eliminating excess and focusing on what's important in one's life. there are so many things in our lives that are unimportant yet we hold onto them for various reasons, not always positive. In *Minimalism: How To Declutter, De-Stress And Simplify Your Life With Simple Living* by Simeon Lindstrom, one learns how to tune out the noise and live simply yet elegantly. Highly recommend for anyone wanting to take the stress out of their life and focus on what's truly important, each other!

I actually really liked this book. It was a good primer for minimalism and getting started on minimalism. I then moved on to watch the fabulous Youtube video with Josh Millburn and Ryan Nicodemus which further inspired me. Just search minimalism on Youtube it should be the first thing that pops up, its a ted talk. But, I don't know if I would have been ready for that talk if I hadn't read this simple little book first. I have been interested in minimalism for a long time but it is hard for the message to get through to me sometimes because of how I was raised. It is important that we surround our selves with reminders and quality resources on minimalism to counter act the constant messages from our culture that say," consume! consume! buying this item will make you happy! If you just had this object then you would finally be happy and girls will like you and your family will like you! and you will be confident!" I'm not anti money or anti objects, but I do believe that it is optimal to live life focusing on the essentials. The things that truly make you happy. The things you actually

use. The things you really love. Because there is not time for it all. And getting stuff out of the way does bring those truly valuable things into focus. But, be your own teacher and your own leader. I am still working on it and still have more work to do on getting down to the essentials. I do consider this book to be one of those quality resources.

For quite some time I've wanted to pare down and quiet the noise and commotion of a too busy life! This is one of the best books I've read on how to do that with a more minimalist mindset and way of living. The author asks you to consider a number of very provocative questions regarding the "stuff" in your life and how it serves you and adds to the quality of your life... or not. This book helps you see how we get sucked into all the hype of the "next big thing" and the steady stream of consumption; the thing/s that we think we MUST have in order to be happy. Most importantly, the author answers all your questions on just how to change this ineffective and exhausting thinking and behavior and replace it with peace and tranquility and a more elegant life. We can learn to cultivate what is "real" and what is "important" and what enriches our lives and to avoid those things that tax and dull our senses! Learn how to open up time and space in your life by reading this thoughtful and very timely book. Don't miss out on this cogent and life changing read! Highly recommended!

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