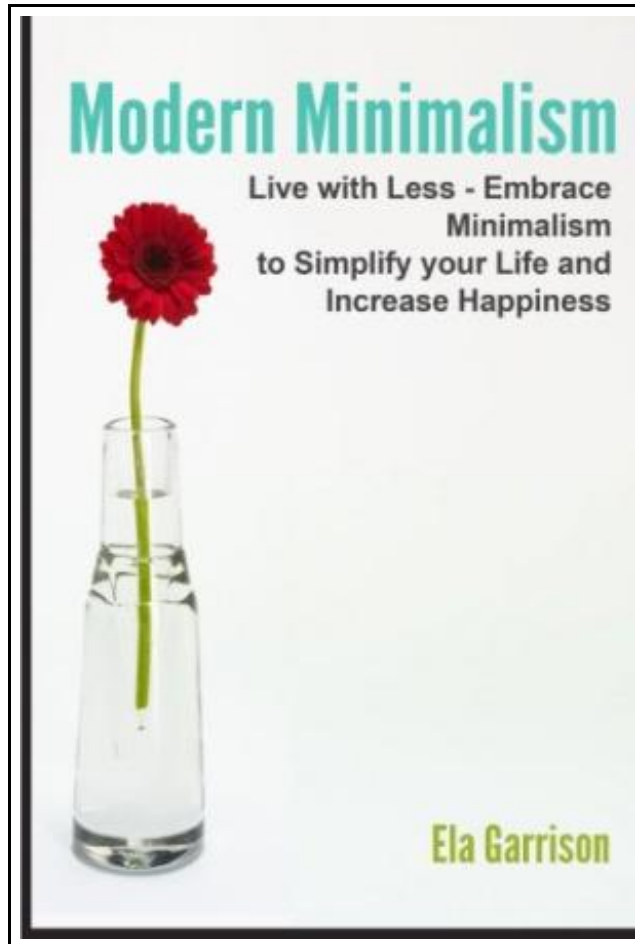


## Modern Minimalism: Live with Less - Embrace Minimalism to Simplify Your Life and Increase Happiness



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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Modern Minimalism - Learning to Embrace Minimalism Live with Less - Embrace Minimalism to Simplify Your Life and Increase Happiness About the Book: Modern Minimalism Minimalism - The Way to Discover Happiness and Self-Sufficiency Modern Minimalism is all about recognizing value and nurturing/sustaining what is of value to you in your life. The minimalistic outlook extends not just to your surroundings and things you own, but it also is how you can come to view your relationships, spirituality and approach to total wellness. The minimalist life style isn t about not valuing things, it s about making sure that everything in your life has meaning, purpose and value. This drive for meaning and purpose isn t just limited to what you own, it is also about you and your relationships. The modern minimalist is someone who lives well, loves well and is present in every aspect of their lives. This book is dedicated to the art of minimalism, and the modern minimalist. Here is just a sampling of what you will discover inside: - Learn why being a minimalist requires that you must value life. - You ll discover the difference between the having mind and the being mind which will transform your ability to leave your comfort zone and live with value. - You ll find out why all those souvenirs, photos and videos may be burdening your soul and creating physical stress that can wreck your health. - You ll learn easy ways to begin to go through your life with a minimalist eye to clean up your living space, clean up your finances, improve your relationships and transform your soul. - You ll find 25...

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