



## 7 Days to Minimalist Living

By Elizabeth N Doyd

Higher Self Publishing, United States, 2014. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Most Practical Modern Guide to Minimalist Living in 7 Days Is your house overflowing with stuff that you don't use or need? Clutter can: - Overwhelm the senses - Consume space - Drain energy from our surroundings - Cause stress and anxiety This book will show you how to lighten up so you can walk into your home and be surrounded only by the things you love. Minimalist living means clearing the clutter from your life to focus on what's truly important. Chances are, 75 of the things in your home are no benefit to your life at all. You'll also find that throwing out a few garbage bags feels even better than therapy. Why do you hold onto things? Here are just some of the reasons: - Security-but the paradox is that the more we cling, the more frustrated and overwhelmed we feel. - Addiction-shopping is a high and the novelty wears off. - Approval-keeping material representations of who we are is one way we show off. - Identity-we identify with...



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