



# Minimalist Living: Simplify, Organize, and Declutter Your Life

*Joshua Michaels*

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# **Minimalist Living: Simplify, Organize, and Declutter Your Life**

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## **Simplify Your Life, Reduce Stress, and Increase Your Happiness with Minimalism**

This book will introduce you to the minimalist lifestyle and provide you with strategies that you can apply in your life. Not only will you learn how to simplify, organize, and declutter your physical and external world, but you will also learn various techniques to simplify, organize, and declutter the internal aspects of your life as well.

### **Practical Tips for Organization**

Even though minimalism is more than just limiting and organizing your possessions, those points do need to be addressed. In the upcoming chapters you'll be given specific steps to help you gain control over your space and possessions. Don't worry, this isn't one of those preachy, "you must give away everything you own except for exactly 50 items" type of books. This book is here to remind you of the things you already know, give you some specific tips that point you in the right direction, and encourage you along the way. It's more important for you to start reaping the benefits of a minimalist lifestyle than it is to try to live by some arbitrary and rigid set of rules.

### **Minimalism is not just about things, it's about living!**

If you feel at all overwhelmed, chaotic, or stressed know that there is hope. When you set out to simplify your life in meaningful ways you will find that you have a better, happier, and more fulfilling journey ahead of you. It does come at a cost, even though temporary. You must be willing to take the necessary steps to rid your life of what has been holding you back and bringing stress into your life. No matter how great your life is today, you can make it better with just a little bit of conscience effort – and it will be worth it.

I sincerely hope that this book reminds you that happiness isn't about things. Sure, we all need some things just to survive, but true lasting happiness arises from deep within and not from something out there. It can't be bought or collected. The temporary high of buying the things you thought you wanted can't compare to true happiness.

**Here is just some of what you will learn in *Minimalist Living*:**

- The key benefits of the Minimalist Lifestyle
- What minimalism is, and what it is not
- How to rid your home of unwanted clutter
- How to take on the minimalist mindset
- How to manage your finances, minimalist style
- Organization tips and tricks.
- How to live the minimalist lifestyle
- Specific tips for organizing each room in your house including the kitchen, bathroom, closets, and bedrooms.
- and more...

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