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Minimalist Living: Your Complete Guide to Master the Minimalist Lifestyle and Master the Life on the Road (Paperback)

By Mitch Sargood

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This Book Includes 2 Manuscripts Minimalist Living Master The Minimalist Lifestyle What exactly is minimalism and why might it be relevant to you in your life? Minimalism is a method for becoming free in life. It can help you become free from worry, fear, and overwhelm. It can also help with depression, guilt, and being caught up in a consumerist culture. That isn't to say that it's wrong to own possessions, but it's very easy to get caught up in what those mean. Some people even put aside their personal growth, passion, relationships, and health for the sake of continuing to own new stuff. Minimalism can help you live your life with purpose, free from distraction. Do you feel overwhelmed, overstressed, and surrounded by clutter, both physically and mentally? Then you might want to consider a lifestyle of minimalism. In Minimalist Living: Master The Minimalist Lifestyle, you will learn: The Definition and Benefits of Minimalism: Did you know that minimalism goes beyond just getting rid of some of your possessions? It's an attitude and extends to your mentality...



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