



Less is More: 101 Ways to Simplify Your Life (Hardback)

By Domonique Bertolucci

HARDIE GRANT BOOKS, Australia, 2014. Hardback. Condition: New. Language: English . Brand New Book. Less is More is a collection of inspirational messages and advice that encourages the reader to enjoy life more by living a little more simply. Trying to do it all, be it all and have it all is exhausting-and all too often, people find themselves asking `what was it all for? The sad conclusion for so many is that the things they pushed themselves to do and have were never that important. Less is More shows the reader how to find more time and energy to enjoy the things that really do matter. It invites the reader to make small, simple changes in the way they live, like learning to say no and embracing silence: changes that will simplify their life and leave them feeling relaxed and happy, instead of stressed and overwhelmed.



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Reviews

The most effective publication i ever go through. It really is writer in simple phrases and not hard to understand. I am just easily will get a satisfaction of looking at a written publication.

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The most effective publication i ever study. I am quite late in start reading this one, but better then never. You wont sense monotony at whenever you want of your time (that's what catalogs are for concerning in the event you ask me).

-- **Prof. Erin Larson I**