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6D8Q99 - HURLEY DONNA

"In Living with less, Joshua will guide you through biblical teachings on possessions and his own personal experience with minimalism--living with only the essential ... This book will challenge you to spend your hours, energy, and resources in ways that draw you closer to the heart of Jesus."---
Page 4 of cover.

"Forget the aesthetics of mainstream minimalism and discover a life of authenticity

and intention with this practical guide to living with less...your way"--

An inviting exploration of "the new hygge": the Swedish concept of lagom—finding balance in moderation—featuring inspiration and practical advice on how to find a happy medium in life, home, work, and health. Following the cultural phenomena of fika and hygge, the allure of Scandinavian culture and tradition continues in the Swedish concept of lagom. From home design and

work-life balance, to personal well-being and environmental sustainability, author Anna Brones presents valuable Swedish-inspired tips and actionable ways to create a more intentional, healthy lifestyle. Instead of thinking about how we can work less, lagom teaches us to think about how we can work better. Lagom at home is about finding balance between aesthetics and function, focusing on simplicity, light, and open spaces. Health and wellness in lagom is a

holistic approach for the body and mind, including connecting more in person, caring for self, managing stress, keeping active, and embracing enjoyment in daily routine. Live Lagom inspires us to slow down and find happiness in everyday balance.

The world in a book. 13 years ago, I took a fantastic world trip that planted a seed of adventure. Since then, I have made many international trips. The country count has gone from only the USA to over 190 countries and seven continents. The love of travel has gone from my love of the highway as an over-the-road truck driver to a love of international experience. The book was written to show what's out there based on my own experiences, to offer ideas on how you can do the same thing, or simply to change the way you see the world. The world is big, but surprisingly accessible. I don't want to tell people where to go. I only want to plant a seed, to get people interested in going beyond the borders, to see a bigger world. Travel isn't meant for the wealthy alone, but for anyone with a heart for adventure and understanding. It retraces my time before travel, notes experiences in every country I visited in the past 13 years, and offers ideas

on how to travel as I did. I hope I can at least get people to see a better, less restricted world. Come on, the world is waiting.

Jonathan Fields knows the risks-and potential power-of uncertainty. He gave up a six-figure income as a lawyer to make \$12 an hour as a personal trainer. Then, married with a 3-month old baby, he signed a lease to launch a yoga center in the heart of New York City. . . the day before 9/11. But he survived, and along the way he developed a fresh approach to transforming uncertainty, risk of loss, and exposure to judgment into catalysts for innovation, creation, and achievement. Properly understood and harnessed, fear and uncertainty can become fuel for creative genius rather than sources of pain, anxiety, and suffering. In business, art, and life, creating on a world-class level demands bold action and leaps of faith in the face of great uncertainty. But that uncertainty can lead to fear, anxiety, paralysis, and destruction. It can gut creativity and stifle innovation. It can keep you from taking the risks necessary to do great work and craft a deeply-rewarding life. And it can bring companies that re-

ly on innovation grinding to a halt. That is, unless you know how to use it to your advantage. Fields draws on leading-edge technology, cognitive-science and ancient awareness-focusing techniques in a fresh, practical, non-dogmatic way. His approach enables creativity and productivity on an entirely different level and can turn the once-tortuous journey into a more enjoyable quest. Fields will reveal how to: Make changes to your workflow that unlock buried creative potential. Build "creation hives" -- supportive groups that can supercharge and humanize the process. Tap social technology and user co-creation to add clarity, certainty, and sanity, even if you're an artist or solo-creator. Develop a set of personal practices and mindset shifts that let you not just tolerate, but invite and even amplify, uncertainty as a catalyst for genius. Drawing on extensive case studies and research, Fields shares a set of detailed personal practices and environmental changes that can not only humanize the creative process, but also allow individuals and teams to stay more open to opportunity and play a bigger creative game.

Connect with the Spiritual Energy of Cozi-

ness for More Joy, Contentment, and Satisfaction Make cozy your way of life with this inspiring guide on connecting to the positive energy of simple, everyday moments. Known around the world as hygge (hoo-ga), lagom (lay-go-m), and other similar terms, cozy and balanced living helps you improve your health, happiness, and spirituality by understanding and feeling the frequency of people, animals, places, and situations. The Simplicity of Cozy is a beginner's guide to self-care that presents a variety of topics relating to and supporting cozy living, including mindfulness, simple ritual, home environment, relationship connections, and being in nature. Easy exercises and practical techniques are featured throughout, helping you make more soulful connections and find appreciation in all you are and all you experience.

This book is about unraveling the layers of our lives, delving beneath the surface in order to better understand ourselves, our relationships, and our path. Author Susannah Conway uncovered this process following a tragedy—the sudden death of the man she loved. In sharing her journey of self-discovery first through her blog, then her online courses, and now in these

pages, she reveals how grief reshaped her life and led her to reconnect with her creativity, make peace with her past, and learn to appreciate herself. This is a guidebook of sorts, a collection of thoughts and theories, each chapter culminating in a small creative exercise for the reader to reflect upon and apply to her own life. The author's signature dreamy Polaroid images are also included throughout. Conway reminds readers that they are not alone, that living mindfully is a process, and that unraveling is not about coming undone or losing control, but rather letting go in the best possible way. By untangling the knots that hold you back, unearthing the potential that's always been there and ditching the labels and should-haves you can let yourself be who you were always meant to be.

Simple Soulful Sacred is a guidebook for the modern woman who seeks clarity and guidance on how to live the life of her dreams, on her own terms. It's for the women of our time—the mothers, teachers, healers, light workers, dreamers, creators, leaders—who are ready to find their voice, speak their truth and own their power, whilst living life with less hustle and more

flow. For modern women wanting more for their lives, it's the now age definition of having it all. Women are rising; ready to step out of the cloak of masculine traits that keep them striving for a version of success that is not their own. Ready to stop hiding their light and playing the comparison game. And ready to fully embody their feminine power. Because whilst the feminine may have been disowned and devalued for centuries, we are so done with that story now. But it's still a paradox. Because within this very rising, women are longing to step out of the noise and chaos, to live more simply. They want time and space for what's most important to them; and the comfort, consciousness and connection that often gets lost in the busyness and distractions of daily life. This book is the bridge women have been seeking. Written with the time-poor reader in mind, this book includes 200 short-form chapters, the perfect length for dipping into while commuting; during a lunch break or at the end of the day. The perfect gift, or self-gift, for women of all ages.

Do you want to simplify the demands on your time, energy, and resources? Do you

have complicated responsibilities, overwhelming to-do lists, and endless clutter leaving you feeling overwhelmed? What if you could clear the clutter once and for all? Bestselling author and entrepreneur Emily Ley can help you make space for what matters most. In *A Simplified Life*, you'll find: Emily's realistic strategies, achievable systems, and methods for permanently clearing the clutter, organizing your priorities, and living intentionally 10 key focus areas--from your home and meal planning, to style and finances, parenting, faith life, and more. Tactical tools to help you with your family, increased work demands, and daily household routines. Gorgeous photography and meaningful quote callouts. *A Simplified Life* is for: Mothers wanting to create a more intentional lifestyle by reducing clutter. Anyone struggling with organizing schedules and keeping up with multiple to-do lists. Mother's Day, National Best Friend Day, birthdays, and holiday gifts.

From the author of the best-selling *The Joy of Less*, a handbook for mindful minimalism that provides a philosophy and instructions to lighten up every aspect of our lives--in just 5 or 10 minutes a day.

Have you ever wished you could slow down the daily grind—and even find a way to enjoy it? All too often, the hectic pace of modern life turns our households into a blur, leaving many parents—and kids—feeling depleted and disconnected. Enter *Slow Family Living*, an inspiring guide for parents who want to rediscover the meaning, comfort, and contentment found in the day to day of family life. Offering 75 simple ideas for reconnecting, this upbeat and invaluable resource can help turn even the most bustling of times into an opportunity to create a moment of calm—and a connection that will last a lifetime. From holidays and other stressful occasions to bedtime, vacations, and everything in between, *Slow Family Living* will help even the most harried parents and kids pause, reflect, and find joy, satisfaction, and inspiration in each other.

The decluttering craze meets a passion for sustainable living and interior design in this gorgeous new book for readers of *The Life-Changing Magic of Tidying Up*. This book promises an opportunity for self-reflection and lasting change, by getting to the bottom of why we've accumulated too much stuff in the first place, therefore

allowing us to transform our lives. Professional decluttering and design team Cary and Kyle of *New Minimalism* will take you through every step, from assessing your emotional relationship to your stuff to decluttering your home to then turning it into a beautifully designed space that feels clean and tidy without feeling sparse or prescriptive. And all of this without filling up a landfill—you'll find resources and strategies to donate and reuse your stuff so you don't have to feel guilty about getting rid of it!

Instant New York Times bestseller · Empowering advice for overcoming setbacks from the authors of the popular blog *Marc & Angel Hack Life*. Marc and Angel Chernoff have become go-to voices in the area of personal development, reaching tens of thousands of fans each day with their fresh and relatable insights. Now they're writing the book they wish they'd had when they needed it most. *Getting Back to Happy* reveals their strategies for changing thought patterns and daily habits to bounce back from tough times. Sharing never-before-published stories and advice, the book shows us how to harness the pow-

er of daily rituals, mindfulness, self-care, and more to overcome whatever life throws our way--in order to become our best selves.

Opt out of expectations and live a more intentional life with this refreshing guide from the national bestselling author of *The Year of Less*. We all follow our own path in life. At least, that's what we're told. In reality, many of us either do what is expected of us, or follow the invisible but well-worn paths that lead to what is culturally acceptable. For some, those paths are fine -- even great. But they leave some of us feeling disconnected from ourselves and what we really want. When that discomfort finally outweighs the fear of trying something new, we're ready to opt out. After going through this process many times, Cait Flanders found there is an incredible parallel between taking a different path in life and the psychological work it takes to summit a mountain -- especially when you decide to go solo. In *Adventures in Opting Out*, she offers a trail map to help you with both. As you'll see, reaching the first viewpoint can be easy -- and it offers a glimpse of what you're walking toward. Climbing to the summit for the full view is worth it. But

in the space between those two peaks you will enter a world completely unknown to you, and that is the most difficult part of the path to navigate. With Flanders's guidance and advice, drawn from her own journey and stories of others, you'll have all the encouragement and insight you'll need to take the path less traveled and create the life you want. Just step up to the trailhead and expect it to be an adventure.

Learn to let go of your daily toil towards perfection and fall into the lasting freedom of God's grace. As a wife, new mother, business owner, and designer, Emily Ley reached a point when she suddenly realized she couldn't do it all. She needed to simplify her life, organize her days, and prioritize her priorities. She realized that she had been holding herself to a standard of perfection, when what God was really calling her to do was accept the welcoming embrace of his grace. In this four-session video-based study (DVD/video streaming sold separately), Emily—author of *A Simplified Life*—describes the journey that led to her pursuing a life that allowed her to breathe, laugh, and grow. Along the way, she'll take you and your group

through strategies to simplify your lives. Because God so abundantly pours out grace on us, we can surely extend grace to ourselves! This message is for anyone who has been trying to do it all...only to feel like you're burning out. Learn to find joy, acceptance, and clarity in the midst of life's beautiful messes. Sessions include: Let Go of the Perfect Life Surrender Control Build True Community Live in God's Grace Designed for use with the Grace, Not Perfection Video Study (sold separately).

The Beatitudes invite us to a new way of life—one of abundance, dignity, truth, and mercy. We've learned to live by striving, competition, and comparison, but what if we all have equal dignity and worth? Mark Scandrette shows how the Beatitudes invite us into nine new postures for life. Whatever your story, whatever your struggle, the ninefold path found in the Beatitudes is available to you.

Courtney Carver shows us the power of simplicity to improve our health, build more meaningful relationships, and relieve stress in our professional and personal lives. We are often on a quest for

more—we give in to pressure every day to work more, own more, and do more. For Carver, this constant striving had to come to a stop when she was diagnosed with Multiple Sclerosis (MS). Stress was like gasoline on the fire of symptoms, and it became clear that she needed to root out the physical and psychological clutter that were the source of her debt and discontent. In this book, she shows us how to pursue practical minimalism so we can create more with less—more space, more time, and even more love. Carver invites us to look at the big picture, discover what's most important to us, and reclaim lightness and ease by getting rid of all the excess things.

Don't Settle for More Most of us know we own too much stuff. We feel the weight and burden of our clutter, and we tire of cleaning and managing and organizing. While excess consumption leads to bigger houses, faster cars, fancier technology, and cluttered homes, it never brings happiness. Rather, it results in a desire for more. It redirects our greatest passions to things that can never fulfill. And it distracts us from the very life we wish we were living. Live a better life with less. In

The More of Less, Joshua Becker helps you... • Recognize the life-giving benefits of owning less • Realize how all the stuff you own is keeping you from pursuing your dreams • Craft a personal, practical approach to decluttering your home and life • Experience the joys of generosity • Learn why the best part of minimalism isn't a clean house, it's a full life The beauty of minimalism isn't in what it takes away. It's in what it gives. Make Room in Your Life for What You Really Want "Maybe you don't need to own all this stuff." After a casual conversation with his neighbor on Memorial Day 2008, Joshua Becker realized he needed a change. He was spending far too much time organizing possessions, cleaning up messes, and looking for more to buy. So Joshua and his wife decided to remove the nonessential possessions from their home and life. Eventually, they sold, donated, or discarded over 60 percent of what they owned. In exchange, they found a life of more freedom, more contentment, more generosity, and more opportunity to pursue the things that mattered most. The More of Less delivers an empowering plan for living more by owning less. With practical suggestions and encouragement to per-

sonalize your own minimalist style, Joshua Becker shows you why minimizing possessions is the best way to maximize life. Are you ready for less cleaning, less anxiety, and less stress in your life? Simplicity isn't as complicated as you think.

Wear just 33 items for 3 months and get back all the JOY you were missing while you were worrying what to wear. In Project 333, minimalist expert and author of Soulful Simplicity Courtney Carver takes a new approach to living simply--starting with your wardrobe. Project 333 promises that not only can you survive with just 33 items in your closet for 3 months, but you'll thrive just like the thousands of woman who have taken on the challenge and never looked back. Let the de-cluttering begin! Ever ask yourself how many of the items in your closet you actually wear? In search of a way to pare down on her expensive shopping habit, consistent lack of satisfaction with her purchases, and ever-growing closet, Carver created Project 333. In this book, she guides readers through their closets item-by-item, sifting through all the emotional baggage associated with those oh-so strappy high-heel sandals that cost a fortune but destroy

your feet every time you walk more than a few steps to that extensive collection of never-worn little black dresses, to locate the items that actually look and feel like you. As Carver reveals in this book, once we finally release ourselves from the cyclical nature of consumerism and focus less on our shoes and more on our self-care, we not only look great we feel great-- and we can see a clear path to make other important changes in our lives that reach far beyond our closets. With tips, solutions, and a closet-full of inspiration, this life-changing minimalist manual shows readers that we are so much more than what we wear, and that who we are and what we have is so much more than enough.

When *Voluntary Simplicity* was first published in 1981, it quickly became recognized as a powerful and visionary work in the emerging dialogue over sustainable ways of living. Now, more than ten years later and with many of the planet's environmental stresses having become more urgent than ever, Duane Elgin has revised and updated his revolutionary book. *Voluntary Simplicity* is not a book about living in poverty; it is a book about living with balance. It illuminates the pattern of changes

that an increasing number of Americans are making in their everyday lives -- adjustments in day-to-day living that are an active, positive response to the complex dilemmas of our time. By embracing, either partially or totally, the tenets of voluntary simplicity -- frugal consumption, ecological awareness, and personal growth -- people can change their lives. And in the process, they have the power to change the world. First published in 1981, *Voluntary Simplicity* was instantly recognized as a visionary work. The *New York Times* called it "seminal"; the *Wall Street Journal* noted that it was "considered the movement's Bible." Revised in 1993 to address the trend toward downshifting, this pertinent book helps us to adjust our thoughts, habits, and goals and embrace the key elements of simplicity: frugal consumption, ecological awareness and personal growth.

In 2017, Anne Bokma embarked on a quest to become a more spiritual person. After leaving the fundamentalist religion of her youth, she became one of the eighty million North Americans who consider themselves spiritual-but-not-religious, the fastest growing "faith" category. In mid-

life she found herself addicted to busyness, drinking too much, hooked on social media, dreading the empty nest and still struggling with alienation from her ultra-religious family. In response, she set out on a year-long whirlwind adventure to immerse herself in a variety of sacred practices—each of which proved to be illuminating in unexpected ways—to try to develop her own definition of what it means to be spiritual. In *My Year of Living Spiritually*, Bokma documents a diverse range of soulful first-person experiences—from taking a dip in Thoreau's Walden Pond, to trying magic mushrooms for the first time, booking herself into a remote treehouse as an experiment in solitude, singing in a deathbed choir and enrolling in a week-long witch camp—in an entertaining and enlightening way that will compel readers (non-believers and believers alike) to try a few spiritual practices of their own. Along the way, she reconsiders key relationships in her life and begins to experience the greater depth of meaning, connection, gratitude, simplicity and inner peace that we all long for. Readers will find it an inspiring roadmap for their own spiritual journeys.

Seriously . . . another book that tells you how to live a good life? Don't we have enough of those? You'd think so. Yet, more people than ever are walking through life disconnected, disengaged, dissatisfied, mired in regret, declining health, and a near maniacal state of gut-wrenching autopilot busyness. Whatever is out there isn't getting through. We don't know who to trust. We don't know what's real and what's fantasy. We don't know how and where to begin and we don't want to wade through another minute of advice that gives us hope, then saps our time and leaves us empty. *How to Live a Good Life* is your antidote; a practical and provocative modern-day manual for the pursuit of a life well lived. No need for blind faith or surrender of intelligence; everything you'll discover is immediately actionable and subject to validation through your own experience. Drawn from the intersection of science, spirituality, and the author's years-long quest to learn at the feet of masters from nearly every tradition and walk of life, this book offers a simple yet powerful model, the "Good Life Buckets" —spend 30 days filling your buckets and reclaiming your life. Each day will bring a

new, practical yet powerful idea, along with a specific exploration designed to rekindle deep, loving, and compassionate relationships; cultivate vitality, radiance, and graceful ease; and leave you feeling lit up by the way you contribute to the world, like you're doing the work you were put on the planet to do. *How to Live a Good Life* is not just a book to be read; it's a path to possibility, to be walked, then lived.

New York Times Book Review Editor's Choice "More than just a story of an abiding cultural preoccupation, *The Longing For Less* peels back the commodified husk of minimalism to reveal something surprising and thoroughly alive." -Jenny Odell, author of *How to Do Nothing* "Less is more": Everywhere we hear the mantra. Marie Kondo and other decluttering gurus promise that shedding our stuff will solve our problems. We commit to cleanse diets and strive for inbox zero. Amid the frantic pace and distraction of everyday life, we covet silence-and airy, Instagrammable spaces in which to enjoy it. The popular term for this brand of upscale austerity, "minimalism," has mostly come to stand for things to buy and consume. But mini-

malism has richer, deeper, and altogether more valuable gifts to offer. Kyle Chayka is one of our sharpest cultural observers. After spending years covering minimalist trends for leading publications, he now delves beneath this lifestyle's glossy surface, seeking better ways to claim the time and space we crave. He shows that our longing for less goes back further than we realize. His search leads him to the philosophical and spiritual origins of minimalism, and to the stories of artists such as Agnes Martin and Donald Judd; composers such as John Cage and Julius Eastman; architects and designers; visionaries and misfits. As Chayka looks anew at their extraordinary lives and explores the places where they worked—from Manhattan lofts to the Texas high desert and the back alleys of Kyoto—he reminds us that what we most require is presence, not absence. The result is an elegant new synthesis of our minimalist desires and our profound emotional needs.

In *The Simple Living Guide* Janet Luhrs demonstrates how to live a deliberate, simpler life--and savor it. As Janet Luhrs says, "Simple living is about living deliberately. Simple living is not about austerity, or fru-

gality, or income level. It's about being fully aware of why you are living your particular life, and knowing that life is one you have chosen thoughtfully. Simple living is about designing our lives to coincide with our ideals." Whether you are looking at small solutions for cutting down the stress in your life or taking the big leap toward the simpler life, this book can be your guide. Janet Luhrs, the nationally recognized founder and editor of the Simple Living Journal, brings together strategies, inspiration, resources, and real-life profiles of people who have slowed down, overcome obstacles, and created richer lives. Discover Simple Living approaches to: money, work, holidays, cooking and nutrition, health and exercise, clutter, gardening, travel, and more!

"Reading this will lead you to a better life."
—Dean Nelson, author of *God Hides in Plain Sight*
In *The 100 Thing Challenge* Dave Bruno relates how he remade his life and regained his soul by getting rid of almost everything. But *The 100 Thing Challenge* is more than just the story of how one man started a movement to unhook himself from consumerism by winnowing

his life's possessions down to 100 things in one year. It's also an inspiring, invigorating guide to how we all can begin to live simpler, more meaningful lives.

Meditation instructor, Deepak Chopra protégé, director of Meditation Wanderlust Hollywood, and Lululemon ambassador Megan Monahan presents a no-nonsense guide to meditation for everyday soul-searchers. This modern guide to meditation from instructor Megan Monahan takes readers beyond empty Instagram truisms to the simple yet effective ways to "meditate their way through the bad shit and into the good shit." With a fresh voice and perspective, Monahan presents a set of tools grounded in a meditation technique that is impossible to screw up. With her help, you'll unpack the five spiritual mindsets (Presence, Acceptance, Intention, Non-judgment, and Trust, aka PAINT) that are key to moving out of constriction and fear and into a more expansive space within yourself and your life. Ultimately, you will quickly notice, at any triggering moment, where you're getting stuck and how to more consciously move through it. The good news? This process is applicable to everything in your life, from missing a

flight to seeing your ex's engagement photo on social media to losing your job. Wouldn't it be nice to not be completely leveled by any of those occurrences? Plot twist: After reading this book, taking the quizzes, and doing the themed meditations . . . you won't be!

Think minimalism means a perfectly curated, always tidy home? Think again. Drowning in tides of toys, overflowing closets, and a crazy schedule, Rachelle Crawford assumed you had to be naturally organized to keep a tidy living space. Then she found minimalism: the messy, real-life kind, that is less about perfection and more about purpose. Thus began a journey toward decluttering her home, calendar, and soul. With empathy, grace, and humor, Crawford—who curates the popular *Abundant Life with Less* site—shares doable ways to own less and live more fully. Laying out practical strategies for reducing waste, curbing consumption, decluttering, and finding lots more joy, Crawford offers no-nonsense solutions for the rest of us. Learn to become a more conscious consumer, create a capsule wardrobe, inspire family members to join you, free up more time for the things that matter, and create

a tidy(ish) home. The messy minimalist way is a no-judgment zone, one in which we learn sustainable habits and grace-based practices. It's about living lightly on the earth and making room for purpose. Becoming a messy minimalist is not about turning into someone else; it's about clearing away clutter and expectations to unearth who you really are. It's about carrying fewer things so that we find ourselves holding onto what truly matters.

Elevate your personal style, trim your belongings, and transform your life, one room at a time, with this visionary lifestyle and home organization book from professional organizing expert, Shira Gill. "Warm, funny, and direct, Shira builds you up while helping you edit down to the best version of yourself."—Stacy London, New York Times bestselling author of *The Truth About Style* As a professional home organizer with clients ranging from students to multi-millionaires, Shira Gill observed that clutter is a universal stress trigger. Over the years she created a signature decluttering and organization process that promotes sustainability, achieves lasting results, and can be applied to anyone, regardless of their space or lifestyle. Rather

than imposing strict rules and limitations, Shira redefines minimalism as having the perfect amount of everything—for you—based on your personal values and the limitations of your space. Now, in *Minimalista*, Shira shares her complete toolkit for the first time, built around five key steps: Clarify, Edit, Organize, Elevate, and Maintain. Once you learn the methodology you'll dive into the hands-on work, choose-your-own-adventure style: knock out a room, or even a single drawer; style a bookshelf; donate a sweater. Shira teaches that the most important thing you can do is start, and that small victories, achieved one at a time, will snowball into massive transformation. Broken into small, bite-sized chunks, *Minimalista* makes it clear that if the process is fun and easy to follow, anyone can learn the principles of editing and organization.

Discover the revolutionary antidote to overload and exhaustion Have you tried everything to become more productive—but you're still too busy and stressed? That's because the old approaches to productivity just don't work in today's fast-paced, tech-driven workplaces. What does work?

Time management is outdated. Attention management is the solution you need. Attention management is the most essential skill you need to live a life of choice rather than a life of reaction and distraction. It's a collection of behaviors, including focus, mindfulness, control, presence, flow, and other skills, that will support your success. Productivity speaker, trainer, and author Maura Nevel Thomas shows you how to master attention management with practical strategies that make an immediate impact.

Free yourself from the frantic and embrace the joy of slow... "After reading this book, you'll have an amazing list of ingredients that can help you create a meaningful life, too!" —The Minimalists Joshua Fields Millburn and Ryan Nicodemus "Finally, a slow living guide for the imperfect folks . . . Brooke McAlary's exuberant, honest words are a refreshing contribution to the slow living community. If you're seeking a simpler path, start here." —Erin Loechner, Blogger at DesignforMankind.com and author of *Chasing Slow* Are you constantly striving to keep up with life's busy expectations? It's easy to feel consumed with the desire to "succeed" and "acquire", and miss the

simple opportunities waiting for you to slow down: a walk in the forest, sharing laughter with family, a personal moment of gratitude... Once upon a time, it became clear to Brooke McAlary that the key to happiness was discovering a simpler, more fulfilling existence. She put the brakes on her stressful path, and reorganized her life to live outside the status-quo, emphasizing depth, connection and meaningful experiences. Alongside Brooke's affirming personal stories of breaking down and rising up, *Slow* provides practical advice and fascinating insights into the benefits and challenges of the slow life, such as: —Decluttering to deowning —Messiness to mindfulness —Asking why, to asking where to now? *Slow* is an inspirational guide on creating a life filled with the things that really matter, and is meant for anyone seeking peace, meaning, and joy in their otherwise rapid lives. *Slowly*—of course.

The Year of Less In her late twenties, Cait Flanders found herself stuck in the consumerism cycle that grips so many of us: earn more, buy more, want more, rinse, repeat. Even after she worked her way out of nearly \$30,000 of consumer debt, her

old habits took hold again. When she realized that nothing she was doing or buying was making her happy—only keeping her from meeting her goals—she decided to set herself a challenge: she would not shop for an entire year. *The Year of Less* documents Cait's life for twelve months during which she bought only consumables: groceries, toiletries, gas for her car. Along the way, she challenged herself to consume less of many other things besides shopping. She decluttered her apartment and got rid of 70 percent of her belongings; learned how to fix things rather than throw them away; researched the zero waste movement; and completed a television ban. At every stage, she learned that the less she consumed, the more fulfilled she felt. The challenge became a lifeline when, in the course of the year, Cait found herself in situations that turned her life upside down. In the face of hardship, she realized why she had always turned to shopping, alcohol, and food—and what it had cost her. Unable to reach for any of her usual vices, she changed habits she'd spent years perfecting and discovered what truly mattered to her. Blending Cait's compelling story with

inspiring insight and practical guidance, *The Year of Less* will leave you questioning what you're holding on to in your own life—and, quite possibly, lead you to find your own path of less.

"*The Joy of Less* is a fun, easy-to-follow guide to minimalist living from bestselling decluttering expert Francine Jay,"—page [4] of cover.

Children add joy, purpose, and meaning to our lives. They provide optimism, hope, and love. They bring smiles, laughter, and energy into our homes. They also add clutter. As parents, balancing life and managing clutter may appear impossible—or at the very least, never-ending. But what if there was a better way to live? *Clutterfree with Kids* offers a new perspective and fresh approach to overcoming clutter. With helpful insights, the book serves as a valuable resource for parents. Through practical application and inspirational stories, *Clutterfree with Kids* invites us to change our thinking, discover new habits, and free our homes. It invites us to reevaluate our lives. And it just may inspire you to live the life you've been searching for all along.

Discover the magic of simplicity in this international bestseller, available for the first time in English. Dominique Loreau is the master in the art of de-cluttering and simplifying. Now her groundbreaking *L'art de la Simplicité*, a huge bestseller in her native France, is translated into English for the first time. Loreau's principle of "less is more" is set to change your life forever. Living in Japan and inspired by Asian philosophy, Loreau takes you on a step-by-step journey to a clutter-free home, a calm mind and an energized body. Free yourself of possessions you don't want or need; have more money to spend on life's little luxuries; eat better and lose weight; and say goodbye to anxiety and negative relationships. Give yourself the gift of health and happiness; to live fully and freely is to live with *L'art de la Simplicité*.

Bring Minimalism to Your Home, Work, and Relationships Discover how to apply the minimalist mindset to every aspect of your life by changing the way you think about your home, career, relationships, family, and money. *The Minimalist Way* will help you take it one step at a time with simple exercises and activities. Ease into minimalism at your own pace and learn how to let

go. Filled with practical philosophy and easy-to-use strategies for removing unnecessary distractions and stress, this is the essential guidebook for anyone looking to clear out their physical, mental, and emotional clutter. *The Minimalist Way* includes: *MINIMALIST PHILOSOPHY* outlines the principles of minimalism and shows you how to define the practice to fit your life. *THE MINIMALIST LIFESTYLE* teaches you how to apply minimalism to your spending, food, clothing, family, leisure time, work, and more. *REAL SOLUTIONS* that help you spend time and energy wisely, including checklists, activities, and troubleshooting tips. Live simpler. Live better. Live minimalism.

From Flow, a beautiful, mindful guide to having less stuff. Less stress. Less distraction. Less everything. In *less* comes the freedom of letting go. This thoughtful and surprising book shows us how to get there, by paring down not just the jumble of things around us, but the clutter in our heads, too. And to help, interact with special paper goodies, including a one-thought-a-day diary, a foldout tiny house to let you imagine the pleasures of living in a small and cozy space, and art posters

that depict a beautiful picture of what it means to do less, not more. Paper goodies from *The Big Book of Less* include: 2 journals A dot journal poster 4 art posters 1 foldout tiny house with 20 accessories And even more hidden treasures *Decluttering your life and mind makes room for more—more listening, more focus, more wisdom, more time. More life.*

Women today are more fatigued, burned out, and overwhelmed than ever. You may feel like your life is frantic--that you're running on empty. In *When Less Becomes More*, you'll learn how to live a life of more in a world that often overwhelms to the point of burnout. Smartphones constantly ping and alert and demand your attention. And social media can eat up hours of your days with mindless scrolling and tapping while leaving you feeling empty and lonely. Add to that family commitments, work that is accessible around the clock, and overscheduling, and you have a life that can feel out of control. In *When Less Becomes More*, Emily Ley, author of the best-selling *Grace, Not Perfection* and *Growing Boldly*, takes you on a journey out of that empty place and shows you how to fill

your wells with the nourishment that only true connection can provide. She also presents some radical concepts that push against the tethers of modern life, with the promise that more of the good stuff comes when we say yes to less of what keeps us empty: Less Noise, More Calm Less Fake,

More Real Less Rush, More Rhythm Less Liking, More Loving Less Distraction, More Connection Less Chasing, More Cherishing Less Stuff, More Treasures Getting to more might require some outside-the-box changes, some unraveling of the patterns

you have adopted, and some reworking of the day to day. Build a life based on your core values instead of slipping into a life dictated by society or what's "normal." Because you weren't made for normal. You were made for more--for a life of fullness, dreaming, and lasting joy.