

## The Joy Of Less A Minimalist To Declutter Organize And Simplify Updated And Revised

Encourage kids to live out loud and be their truest selves with this picture book from host of *So You Think You Can Dance* and mom Cat Deeley. Dream big, as big as the night sky full of stars. When you discover the things you love, you'll find true joy. Journey through a magical world, filled with a colorful cast of animals, where readers have endless opportunities to be themselves and find freedom in expression. They will delight in the silly humor and undeniable spirit of this rhythmic picture book—and take to heart the message that they are enough exactly as they are! Cat Deeley's debut is the perfect gift for baby showers, birthday parties, and moving-up ceremonies. Its cozy illustrations also make it an ideal bedtime book that you can read to your little one.

A mathematical exploration of the popular card game SET Have you ever played the addictive card game SET? Have you ever wondered about the connections between games and mathematics? If the answer to either question is "yes," then *The Joy of SET* is the book for you! *The Joy of SET* takes readers on a fascinating journey into this seemingly simple card game and reveals its surprisingly deep and diverse mathematical dimensions. Absolutely no mathematical background is necessary to enjoy this book—all you need is a sense of curiosity and adventure! The first book devoted to the mathematics of one of today's most popular card games, *The Joy of SET* will entertain and enlighten the game enthusiast in all of us.

*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.

A popular minimalist blogger and author of *The More of Less* shows you how to methodically turn your home into a place of peace, contentment, and purposeful living. One of today's most influential minimalist advocates takes us on a decluttering tour of our own houses and apartments, showing us how to decide what to get rid of and what to keep. He both offers practical guidelines for simplifying our lifestyle at home and addresses underlying issues that contribute to over-accumulation in the first place. The purpose is not just to create a more inviting living space. It's also to turn our life's HQ--our home--into a launching pad for a more fulfilling and productive life in the world. With *Chicken Soup for the Soul: The Joy of Less*, spring cleaning takes on a whole new meaning. You'll read stories about people who found happiness in an unlikely way: by saying no. No to buying more stuff, no to taking on additional time-filling commitments, and no to trying to please everyone all of the time.

Francine Jay pioneered the simple living movement with her self-published bestseller, *The Joy of Less*. In this fully redesigned and repackaged edition—featuring never-before- seen content—Jay brings her philosophy to more readers who are eager to declutter. Rather than the "crash diet" approach found in other tidying up books, Jay shares simple steps to cultivate a minimalist mindset and form new habits, paving the way to lasting success. Her easy-to-follow STREAMLINE method works in any space—from a single drawer to a closet, room, or entire house. What's more, it can be called upon during clutter-inducing life events such as moving, getting married, having kids, or downsizing. With an airy two-color interior design and lovely hardcover package, *The Joy of Less* is a refreshing and relatable approach to decluttering that belongs in every home.

*The Joy of Less* Chronicle Books

As a mother, a wife, and a businesswoman, Kaia Roman always had a plan. But when her biggest plan, the business she cofounded, collapsed, Kaia found herself crushed by depression. And what felt even worse was that, with a husband and two kids relying on her to get out of bed, she didn't have a plan to move forward. Determined to turn her life around and put her ingrained habits of stress and anxiety behind her, Kaia decided to put everything else on hold and dedicate thirty days to the singular pursuit of joy. The results were astonishing—and lasted much longer than the initial monthlong project. In this uplifting and eye-opening memoir, Kaia uses her business savvy to create a concrete Joy Plan to get back on her feet fast. Using scientific research on hormones, neurotransmitters, and mindfulness, along with the daily dedication to creating a more joyful existence, Kaia teaches readers how to move past temporary happiness and succeed in creating joy that lasts. Complete with advice, exercises, and key takeaways, *The Joy Plan* is Kaia's step-by-step guide to how she, and everyone else, can ditch the negative and plan for the joy in their lives.

"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.

A passionate attempt to capture for some and rekindle for others the fascination, the exuberance, and the sheer joy of reading, this volume offers humorous and delightful anecdotes as proof that to experience the beauty and power of the written word, one need only open a good book.

The bestselling author of *The Willpower Instinct* introduces a surprising science-based book that doesn't tell us why we should exercise but instead shows us how to fall in love with movement. Exercise is health-enhancing and life-extending, yet many of us feel it's a chore. But, as Kelly McGonigal reveals, it doesn't have to be. Movement can and should be a source of joy. Through her trademark blend of science and storytelling, McGonigal draws on insights from neuroscience, psychology, anthropology, and evolutionary biology, as well as memoirs, ethnographies, and philosophers. She shows how movement is intertwined with some of the most basic human joys, including self-expression, social connection, and mastery--and why it is a powerful antidote to the modern epidemics of depression, anxiety, and loneliness. McGonigal tells the stories of people who have found fulfillment and belonging through running, walking, dancing, swimming, weightlifting, and more, with examples that span the globe, from Tanzania, where one of the last hunter-gatherer tribes on the planet live, to a dance class at Juilliard for people with Parkinson's disease, to the streets of London, where volunteers combine fitness and community service, to races in the remote wilderness, where athletes push the limits of what a human can endure. Along the way, McGonigal paints a portrait of human nature that highlights our capacity for hope, cooperation, and self-transcendence. The result is a revolutionary narrative that goes beyond familiar arguments in favor of exercise, to illustrate why movement is integral to both our happiness and our humanity. Readers will learn what they can do in their own lives and communities to harness the power of movement to create happiness, meaning, and connection.

An instant New York Times bestseller Two spiritual giants. Five days. One timeless question. Nobel Peace Prize Laureates His Holiness the Dalai Lama and Archbishop Desmond Tutu have survived more than fifty years of exile and the soul-crushing violence of oppression. Despite their hardships—or, as they would say, because of them—they are two of the most joyful people on the planet. In April 2015, Archbishop Tutu traveled to the Dalai Lama's home in Dharamsala, India, to celebrate His Holiness's eightieth birthday and to create what they hoped would be a gift for others. They looked back on their long lives to answer a single burning question: How do we find joy in the face of life's inevitable suffering? They traded intimate stories, teased each other continually, and shared their spiritual practices. By the end of a week filled with laughter and punctuated with tears, these two global heroes had stared into the abyss and despair of our time and revealed how to live a life

brimming with joy. This book offers us a rare opportunity to experience their astonishing and unprecedented week together, from the first embrace to the final good-bye. We get to listen as they explore the Nature of True Joy and confront each of the Obstacles of Joy—from fear, stress, and anger to grief, illness, and death. They then offer us the Eight Pillars of Joy, which provide the foundation for lasting happiness. Throughout, they include stories, wisdom, and science. Finally, they share their daily Joy Practices that anchor their own emotional and spiritual lives. The Archbishop has never claimed sainthood, and the Dalai Lama considers himself a simple monk. In this unique collaboration, they offer us the reflection of real lives filled with pain and turmoil in the midst of which they have been able to discover a level of peace, of courage, and of joy to which we can all aspire in our own lives.

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 personalize 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.

Follow this unique programme to discover the joy of living with less items and discover how liberating and fulfilling life becomes when you learn to live with less. The premise of this book is simple: if you don't love it, lose it! Many people think that the more they own, the more contented and happy they will be – their lives become defined by their possessions. In fact, the opposite is often true: the more we have, the less happy and contented we are in mind, body and spirit. Decluttering expert Mary Lambert explains how having too much clutter can stop you moving forward in life, and how learning to let go of items we neither love or need is liberating and fulfilling. The challenge starts with an inventory of your personal possessions, then you begin the process of clearing out your items, addressing each area at a time, from clothes, to jewellery, to hobby items. Once you've tackled your personal items, you can get started on the rest of your household goods.

A New York Times Most Anticipated Book of the Summer A taboo-busting romp through the shame, stink, and strange science of sweating. Sweating may be one of our weirdest biological functions, but it's also one of our most vital and least understood. In *The Joy of Sweat*, Sarah Everts delves into its role in the body—and in human history. Why is sweat salty? Why do we sweat when stressed? Why do some people produce colorful sweat? And should you worry about Big Brother tracking the hundreds of molecules that leak out in your sweat—not just the stinky ones or alleged pheromones—but the ones that reveal secrets about your health and vices? Everts's entertaining investigation takes readers around the world—from Moscow, where she participates in a dating event in which people sniff sweat in search of love, to New Jersey, where companies hire trained armpit sniffers to assess the efficacy of their anti-sweat products. In Finland, Everts explores the delights of the legendary smoke sauna and the purported health benefits of good sweat, while in the Netherlands she slips into the sauna theater scene, replete with costumes, special effects, and towel dancing. Along the way, Everts traces humanity's long quest to control sweat, culminating in the multibillion-dollar industry for deodorants and antiperspirants. And she shows that while sweating can be annoying, our sophisticated temperature control strategy is one of humanity's most powerful biological traits. Deeply researched and written with great zest, *The Joy of Sweat* is a fresh take on a gross but engrossing fact of human life.

'Because you're worth it', proclaims the classic cosmetics ad. 'Just do it!' implores the global sports retailer. Everywhere we turn, we are constantly encouraged to experience as much as possible, for as long as possible, in as many ways as possible. FOMO – Fear of Missing Out – has become a central preoccupation in a world fixated on the never-ending pursuit of gratification and self-fulfilment. But this pursuit can become a treadmill leading nowhere. How can we break out of it? In this refreshing book, bestselling Danish philosopher and psychologist Svend Brinkmann reveals the many virtues of missing out on the constant choices and temptations that dominate our experience-obsessed consumer society. By cultivating self-restraint and celebrating moderation we can develop a more fulfilling way of living that enriches ourselves and our fellow humans and protects the planet we all share – in short, we can discover the joy of missing out. Stress less while living more! An inviting living space. Time spent with loved ones. Peace of mind. With *Do Less*, a happier, more serene life is just moments away. From your home to your finances, this straightforward guide teaches you how to scale back your possessions and commitments to just what you really need. With hundreds of ways to minimize your life, you'll quickly uncover the joys and rewards of paring down. A must-have for any shelf, *Do Less* helps you rediscover the simple moments that have been buried beneath the piles of to-dos, to-knows, and to-buys.

Advice on achieving success and satisfaction in life away from the work place.

*Living With Less*. Discover The Joy of Less And Simplify Your Life Does the thought of your home filled with possessions and junk fill you with dread? Does life seem a constant battle against tidying up and moving things around to dust and clean? Do you yearn for an easier and simple life? THEN THIS BOOK IS FOR YOU Discover the amazing benefits of adopting a minimalist mindset and lifestyle with the guide *Living With Less* In this guide we will look at and learn about how we can remove items, thoughts, and general junk from our lives in order to lead a more fulfilling life and realize our true potential without unnecessary distractions. *Living With Less* Its no coincidence that many of the worlds most successful people have adopted a minimalist mindset and lifestyle in order to shut out the noise that holds many people back in the 21st century. This hectic lifestyle filled with gadgets, furniture, clothes, and many unused and unwanted items results in nothing more than a lack of focus of the things in life that make us truly happy and fulfilled. So what are you waiting for, get your copy now and adopt the mindset of a minimalist and free yourself from the shackles of too much unnecessary junk Just imagine for a second the joy of having less cleaning, less washing, less ironing to do after a day at work or business. A life of being able to fully relax without a million thoughts about what to do next around the home or indeed work. The life you desire to truly engage in fulfilling hobbies can be yours with just some simple changes to your home and mindset. *Have Less To Achieve More* This essential guide breaks down into easy to follow steps, showing you exactly what you will need to know to be *Living With Less* Here's A Preview Of What's Inside... What is MinimalismHow to Change Your MindsetPositive Benefits of Living With LessA Room by Room GuideMinimalism and TechnologyTop Ten Tips For Minimalist SuccessAnd Much More! Get your copy today to receive all of this information!

Hilarious and brimming with sarcasm, a book written by the host of the Fox News Channel's Red Eye uses countless examples from today's headlines to replace what he sees as the idiocy of openmindedness with a shrewd judgmentalism that rejects stupid ideas, notions and people.

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.

Few people will easily admit to taking pleasure in the misfortunes of others. But who doesn't enjoy it when an arrogant but untalented contestant is humiliated on *American Idol*, or when the embarrassing vice of a self-righteous politician is exposed, or even when an envied friend suffers a small setback? The truth is that joy in someone else's pain—known by the German word *schadenfreude*--permeates our society. In *The Joy of Pain*, psychologist Richard Smith, one of the world's foremost authorities on envy and shame, sheds much light on a feeling we dare not admit. Smith argues that *schadenfreude* is a natural human emotion, one worth taking a closer look at, as it reveals much about who we are as human beings. We have a passion for justice. Sometimes, *schadenfreude* can feel like getting one's revenge, when the suffering person has previously harmed us. But most of us are also motivated to feel good about ourselves, Smith notes, and look for ways to maintain a positive sense of self. One common way to do this is to compare ourselves to others and find areas where we are better. Similarly, the downfall of others--especially when they have seemed superior to us--can lead to a boost in our self-esteem, a lessening of feelings of inferiority. This is often at the root of *schadenfreude*. As the author points out, most instances of *schadenfreude* are harmless, on par with the pleasures of light gossip. Yet we must also be mindful that envy can motivate, without full awareness, the engineering of the misfortune we delight in. And envy-induced aggression can take us into dark territory indeed, as Smith shows as he examines the role of envy and *schadenfreude* in the Nazi persecution of the Jews. Filled with engaging examples of *schadenfreude*, from popular reality shows to the Duke-Kentucky basketball rivalry, *The Joy of Pain* provides an intriguing glimpse into a hidden corner of the human psyche.

**#1 NEW YORK TIMES BESTSELLER** • The book that sparked a revolution and inspired the hit Netflix series *Tidying Up with Marie Kondo*: the original guide to decluttering your home once and for all. **ONE OF THE MOST INFLUENTIAL BOOKS OF THE DECADE**—CNN Despite constant efforts to declutter your home, do papers still accumulate like snowdrifts and clothes pile up like a tangled mess of noodles? Japanese cleaning consultant Marie Kondo takes tidying to a whole new level, promising that if you properly simplify and organize your home once, you'll never have to do it again. Most methods advocate a room-by-room or little-by-little approach, which doom you to pick away at your piles of stuff forever. The KonMari Method, with its revolutionary category-by-category system, leads to lasting results. In fact, none of Kondo's clients have lapsed (and she still has a three-month waiting list). With detailed guidance for determining which items in your house “spark joy” (and which don't), this international bestseller will help you clear your clutter and enjoy the unique magic of a tidy home—and the calm, motivated mindset it can inspire.

**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.

The books that we choose to keep -- let alone read -- can say a lot about who we are and how we see ourselves. In *My Ideal Bookshelf*, dozens of leading cultural figures share the books that matter to them most; books that define their dreams and ambitions and in many cases helped them find their way in the world. Contributors include Malcolm Gladwell, Thomas Keller, Michael Chabon, Alice Waters, James Patterson, Maira Kalman, Judd Apatow, Chuck Klosterman, Miranda July, Alex Ross, Nancy Pearl, David Chang, Patti Smith, Jennifer Egan, and Dave Eggers, among many others. With colorful and endearingly hand-rendered images of book spines by Jane Mount, and first-person commentary from all the contributors, this is a perfect gift for avid readers, writers, and all who have known the influence of a great book. Find Joy in the Simple Things Simplify your life with the gentle guidance in *The Joy of Simplicity* and find your path to peace of mind. A wonderful gift for those looking for a breath of calm in the midst of a hectic life. Allen Klein, bestselling author with over half a million happy readers, offers a cogent reminder that joy is simply a matter of choice. And it's yours to make. Relax, release, refocus, and renew. Keep what you need in your life and let go of everything else including “stuff.” Relax, refocus, renew, and find joy. Learn to slow down, relax, smell the roses, and simplify your life with the latest collection of insightful quotations and inspired ideas by the popular “Jollytologist” Allen Klein. The calming quotes, tranquil wisdom, and power thoughts in this book come from notable authors, celebrities, philosophers, and others who recognize the virtues of a simple, stress-free life. Grouped around basic themes like “Go with the Flow,” “Focus on What's Important,” and “Slow Down,” these sayings are reminders that it is still possible to achieve peace and harmony in today's fast-paced world. Bliss is just around the corner. Discover the significance of simplicity in Allen Klein's newest book, *The Joy of Simplicity*, as well as... • A reminder that it is possible to achieve a state of peace and harmony in today's fast-paced world • A collection of quotes to make you smile, laugh, and reflect on what you really need in your life • A wonderful gift for those looking for serenity and focus in the midst of a fast-paced world Readers of books such as *You Can't Ruin My Day*, *Beautifully Said*, and *Badass Affirmations* will love *The Joy of Simplicity: Insights to Unclutter and Uncomplicate Your Life* by Allen Klein.

Fight back against busyness and celebrate the pleasure of doing nothing in this new guide that helps relieve stress and increase happiness in your life. In *The Joy of Doing Nothing* you'll discover how to step away from everything you think you have to do and learn to live a minimalist life. Rachel Jonat shares simple strategies to help you stop overscheduling, find time for yourself, and create moments of calm every day. You'll learn how to focus more on the important aspects of life, such as family and friends, and scale back your schedule to create more time in the day to care for yourself.

This book is two things. It's an eye-opener to the fact that we don't have to do a million things to be productive (or successful). And it's a coach that helps us trim the fat, get real with our purpose, and start living more intentionally—Goop Dalton helps readers by teaching us to focus on the most important things and create our own operating systems that are exclusive to our lives as individuals. By doing this, we can simplify and make life even better—San Francisco Book Review Dalton's ground-up approach to productivity teaches readers to identify their real priorities and, in doing so, cut their massive to-do lists down to size by learning to say no to the tasks that pull them away from their North Star—Grateful

Overwhelmed. Do you wake up in the morning already feeling behind? Does the pressure of keeping it all together make you feel anxious and irritable? Tanya Dalton, CEO and productivity expert, offers you a liberating shift in perspective: feeling overwhelmed isn't the result of having too much to do -- it's from not knowing where to start. Doing less might seem counterintuitive, but doing less is more productive, because you're concentrating on the work you actually want to be doing. Through this book, you can learn how to: Identify what is important to you and clarify your priorities. Develop ways to streamline your specific workflow. Discover your purpose. Named Top 10 Business Book of the Year by Fortune magazine, *The Joy of Missing Out* is chock-full of resources and printables. This is a legitimate action plan for change. Once you reject the pressure to do more, something amazing happens: you discover you can finally live a guilt-free, abundant life.

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.

The New York Times bestseller that's "LAUGH OUT LOUD FUNNY" (Elle Décor) and "SPOT-ON...with a healthy amount of cursing" (POPSUGAR) The anti-clutter movement is having a moment. You may have heard about a book—an entire book—written on the topic of tidiness and how "magical" and "life-changing" it is to neaten up and THROW AWAY YOUR BELONGINGS. Yes, you read that correctly. It's time to fight that ridiculousness and start buying even more stuff and leaving it any place you want. Guess what, neatniks? Science shows that messy people are more creative.\* Being a slob is an art, and there's a fine line between being a consumer and being a hoarder. Don't cross that line. This book shows you how to clutter mindfully and with great joy. The results are mind-blowing. Your plants will stop dying. Your whiskey bottle will never run dry. Your drugstore points will finally add up to a free jar of salsa and some nice shampoo. You'll go shopping and discover you've lost weight... It's time to take back your life from the anti-clutter movement. \*As well as smarter and more attractive.

Minimalism is the thing that gets us past the things so we can make room for life's most important things—which actually aren't things at all. At age 30, best friends Joshua Fields Millburn & Ryan Nicodemus walked away from their six-figure corporate careers, jettisoned most of their material possessions, and started focusing on what's truly important. In their debut book, Joshua & Ryan, authors of the popular website *The Minimalists*, explore their troubled pasts and descent into depression. Though they had achieved the American Dream, they worked ridiculous hours, wastefully spent money, and lived paycheck to paycheck. Instead of discovering their passions, they pacified themselves with ephemeral indulgences—which only led to more debt, depression, and discontent. After a pair of life-changing events, Joshua & Ryan discovered minimalism, allowing them to eliminate their excess material things so they could focus on life's most important "things": health, relationships, passion, growth, and contribution.

Minimalism and the simple life It's natural to love stuff! More than that, it's natural to love YOUR stuff. That notebook from 8th grade, your Disney VHS', mismatched socks. They all have sentimental value...and they all take up space. Author and YouTuber, Zoey Arielle, opens up about her struggle with loving all the things in life we bring home. A hoarder in disguise, Arielle has mastered the tools needed to embrace simplicity and the minimalist philosophy. Minimalism guide: Zoey Arielle Poulsen's *The Joy of Minimalism* is the friendly guide you've been searching for as you embark on a life of simplicity. Life can stress anyone out. So, by embracing minimalism, you'll be saying goodbye to stress and everything that you never needed anyway. Discover a greater focus and true freedom as you live your new life with a real sense of gratitude for everything and everyone around you. Enjoy the simple life: In *The Joy of Minimalism* Poulsen shows you how to simplify the act of letting go while sharing her personal journey into this calmer sense of life. Beyond offering specific tips on transitioning, she also invites you to journal your new awakening. Minimalism is more than a movement or fad, it's a sense of happiness and practice that will bring you closer to your true self. *The Joy of Minimalism* teaches you to live better with less. You'll learn how to: Cherish the gift of giving Rediscover the freedom of owning less Embrace life and all the non-material things the world has to offer Master your own personal style for organizing and decluttering Celebrate your new life with a free mind

'This book is a not-so-small joy in itself.' NIGELLA LAWSON 'Parkinson has the gift of making you look with new eyes at everyday things. The perfect daily diversion.' JOJO MOYES 'Always funny and frank and full of insight, I absolutely love Parkinson's writing.' DAVID NICHOLLS 'I loved this book . . . Parkinson's writing transports you to unexpected places of joy and comfort . . . these pages contain happiness.' MARINA HYDE 'The twenty-first century feels a lot more bearable in Parkinson's company.' CHARLOTTE MENDELSON Drawn from the successful Guardian column, these everyday exultations and inspirations will get you through dismal days. Hannah Jane Parkinson is a specialist in savouring the small pleasures of life. She revels in her fluffy dressing gown ('like bathing in marshmallow'), finds calm in solo cinema trips, is charmed by the personalities of fonts ('you'll never see Comic Sans on a funeral notice'), celebrates pockets and gleefully abandons a book she isn't enjoying. Parkinson's everyday exultations - selected from her immensely successful Guardian column - will utterly delight. FEATURES BRAND NEW MATERIAL

Declutter your desk and brighten up your business with this transformative guide from an organizational psychologist and the #1 New York Times bestselling author of *The Life-Changing Magic of Tidying Up*. The workplace is a magnet for clutter and mess. Who hasn't felt drained by wasteful meetings, disorganized papers, endless emails, and unnecessary

tasks? These are the modern-day hazards of working, and they can slowly drain the joy from work, limit our chances of career progress, and undermine our well-being. There is another way. In *Joy at Work*, bestselling author and Netflix star Marie Kondo and Rice University business professor Scott Sonenshein offer stories, studies, and strategies to help you eliminate clutter and make space for work that really matters. Using the world-renowned KonMari Method and cutting-edge research, *Joy at Work* will help you overcome the challenges of workplace mess and enjoy the productivity, success, and happiness that come with a tidy desk and mind.

Do you have enough time? Do you have enough money? Efficiency is a way to get more of both. It's not a compromise; it's an optimization that makes everything better. It's a way to live more lightly on the planet, and at the same time to live more comfortably. It's quality versus quantity. Efficiency rewards you the way a financial investment grows. Just as compound interest allows your money to grow over time, efficiency's benefits continue to accumulate. Efficiency has a better return with a higher guarantee than any financial investment. To get results just replace some old, bad habits with new, better ones. This book has three major sections. 1. The first third can help you organize your life so you have more time and money. 2. The middle third will help you build or buy a better house. This section includes many practical details to help you design a new home or improve the efficiency of your existing one. 3. If you work in a corporation and want to improve your buildings, systems, or work processes, then the final third is for you. Could you use more joy in your life? The tips in this book could provide the secret you've been missing - the joy of efficiency.

Simplify life and amplify living by mastering the fundamentals of minimalism through this visual guide to embracing a minimalist lifestyle. How can living with less contribute to a greater sense of fulfillment? It seems contradictory, yet the minimalist lifestyle, which focuses on scaling back your possessions and simplifying your life to just the essentials, achieves just that. Adopt minimal living, and you'll find that less is more: More time because you don't waste it caring for and organizing stuff. More space because you don't fill it with objects of marginal value. More money because you don't spend it on unnecessary things. More clarity because your mind isn't bogged down by the clutter around you. More enjoyment because your energy is spent on experiences and connections. Using decision trees, flow charts, icons, and other graphics, *Less* shows how minimalism can be applied to any area of life--including home, wardrobe, decor, cooking, cleaning, finances, and organizing your time--and how it can be adapted to suit your own goals and help you achieve your version of happiness.

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 women 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.

In the spirit of *The Gentle Art of Swedish Death Cleaning* and *The Joy of Less*, experience the benefits of buying less and sharing more with this accessible 7-step guide to decluttering, saving money, and creating community from the creators of the Buy Nothing Project. In their island community, friends Liesl Clark and Rebecca Rockefeller discovered that the beaches of Puget Sound were spoiled by a daily influx of plastic items and trash washing on shore. From pens and toothbrushes to toys and straws, they wondered, where did it all come from? Of course, it comes from us—our homes, our backyards, our cars, and our workplaces. And so, a rallying cry against excess stuff was born. In 2013, they launched the first Facebook Buy Nothing Project group in their small town off the coast of Seattle, and they never expected it to become a viral sensation. Today there are thousands of Buy Nothing groups all over the world, boasting more than a million members, and 5,000 highly active volunteers. Inspired by the ancient practice of gift economies, where neighbors share and pool resources, *The Buy Nothing, Get Everything Plan* introduces an environmentally conscious 7-step guide that teaches us how to buy less, give more, and live generously. At once an actionable plan and a thought-provoking exploration of our addiction to stuff, this powerful program will help you declutter your home without filling landfills, shop more thoughtfully and discerningly, and let go of the need to buy new things. Filled with helpful lists and practical suggestions including 50 items you never need to buy (Ziploc bags and paper towels) and 50 things to make instead (gift cards and salad dressing), *The Buy Nothing, Get Everything Plan* encourages you to rethink why you shop and embrace a space-saving, money-saving, and earth-saving mindset of buying less and sharing more.

Life is weighing us down. Each day we add more possessions, more commitments, more worries, more stress to our lives. Striving for fulfillment, our closets become overstuffed, our calendars overscheduled, and our spirits overwhelmed. Instead of feeling happy, we just feel heavy. *Lightly* offers help. Whether you want to strip down your life to a backpack or free up some space in your closet, overhaul your schedule or gain back an hour in the evening, *Lightly* helps you identify what you treasure, while letting what's unnecessary fall away. You will learn to lighten: **Your Stuff:** advice on how to declutter what's weighing you down **Your Spirit:** release the worries and emotional baggage that can be just as burdensome as possessions **Your Stress:** reclaim your time and strive not to get more done, but to have less to do **Your**

Step: reduce your consumption and make the planet as beautiful and clutter-free as your home Without a strict regimen, Lightly puts the power back in your hands to take control of your life.

The Minimalist Mom isn't a manual for your first year with your new baby. It also isn't a long list of unnecessary things to buy. It's an intentional guide to living with less and enjoying your brand-new life with baby more. By learning how to clear the things you don't need--expensive baby gear, piles of tiny clothes, a new SUV, an overscheduled calendar--you'll be able to simply and joyfully embrace the space, time, money, and peace they leave behind.

Why is it that even the most disorganised person never seems to lose their toothbrush? How can this simple fact solve all our clutter problems? The Toothbrush Principle is a simple yet inspired approach to de-cluttering your home. Whether you live in a mansion or a bedsit, this book will show you how to: organise according to the unconscious blueprint that naturally tidy people have, so that getting and staying organised is easy; know what to throw away with confidence; set up your wardrobe so you get much more use out of the clothes you have; work from home productively in a clear, designated space; tame your inbox! Step-by-step, room-by-room, you'll soon find that you hardly ever lose things, massive clear outs become a thing of the past and you never spend more than 10 minutes a day tidying up. So stop drowning in piles of clutter, learn how to be organised and start creating space to live out the life of your dreams!

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