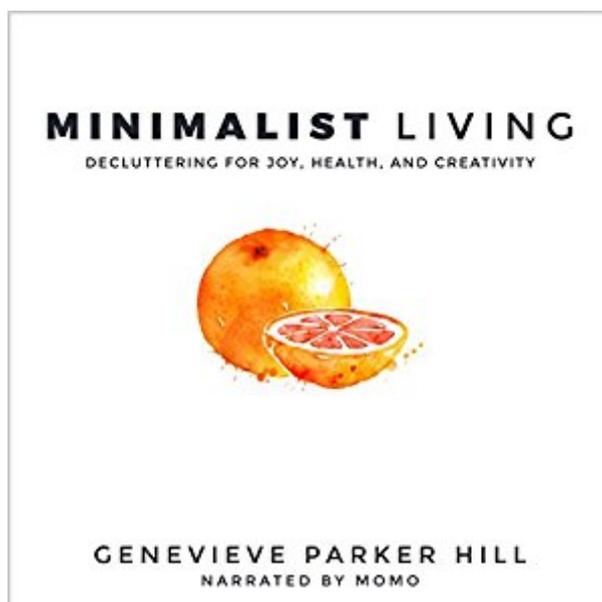


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Minimalist Living: Decluttering For Joy, Health, And Creativity



Synopsis

From About.com Reader's Choice Award-winning author Genevieve Parker Hill comes a fresh new minimalism guide for everyone. If your garage, attic, closets, and surfaces are filled with clutter, all that extra stuff can get in the way of a full experience of life as it was meant to be lived. Minimalist Living covers not only techniques for decluttering, but how to fill your new-found space with meaningful activities that add joy to your life and support your goals. This guide to simplifying for health, joy, and creativity teaches:

- Why you should define your own sense of minimalism
- How to create your "Minimalist Mission Statement"
- How to use the techniques of "blazing" and "gazing" to declutter
- Why decluttering now can lead to a happier, healthier, and more creative life
- How to deal with sentimental items without losing their meaning
- The amazing connection between minimalism and living your soul's deepest purpose
- And much more...

Book Information

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Customer Reviews

Every concept that comes along (and this one started in the 60's) has its fanatics. It's there way or you're a commie over-consumer pig. Some you can see or hear ranting on late night TV or from books in the self-help section of your book store. Parker-Hill is more 'everyone has their comfort level, and most of us are uncomfortable with the clutter we have.' She is too young, one would think to have written a book for grandparents on decluttering for the sake of their children who have to clean out the home when they're gone. But she learned to live with much less when her home

burned down leaving only the family and dog and dispensing with all the stuff in the house. That experience taught them all about the truly important things in life. The friends, neighbors and family who helped them immediately with life essentials, that pictures are wonderful, memories are better. Her book is sprinkled with stories not only from her own experiences, but from others who have apparently contributed to her blog--an aunt who changed her life and sold her yankee business wardrobe when she moved to sunny Florida, or the 30-something dot.com millionaire, who used his new-found wealth to do what most other newly wealthy do, buy a big house and fill it up with all the best gadgets and furnishings. He found he was spending too much time tending to the stuff, sold it or gave it up to pursue what he really wanted, travel and tend to personal relationships (sorry, he's married or hooked up already). Parker-Hill is doing similarly, living all around the world and taking jobs or leaving them as suits her needs. She proposes some radical ideas, like decluttering not only your digs, but also your mind--not letting negative thoughts in, replacing them with thoughts and ideas which make you happy.

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