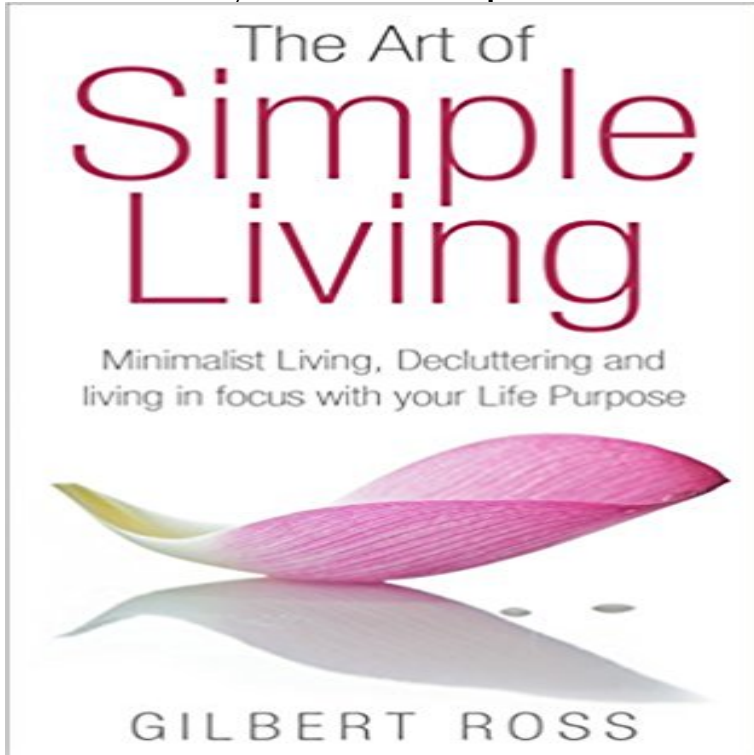


The Art of Simple Living: Minimalist Living, Decluttering and living in focus with your Life Purpose



Imagine you are doing less but being more productive. Imagine consuming less or owning less but being more content. Imagine having more time to do more meaningful things. Imagine being right there where you want to be without fretting and rushing about. Imagine living a simpler, lighter and happier life. We have lost sight of the art of simple living. The good news? Its always there and it doesnt take a moon mission to get there. This book is purely designed to guide you there. Society has become increasingly complex. Each day we run through multiple tasks, maintain different relationships with our peers and family, sift through massive amounts of information and take quick decisions that in some way affects our future. We are doing more but we are not necessarily more productive. We are consuming more but we are not necessarily richer or healthier. We are experiencing more but we are not any wiser. We are constantly on the move but not getting anywhere in particular. We own more stuff but perhaps not happier. So whats the point? You can start learning the art of simple living or minimalist living today and change your life dramatically. Minimalist living means decluttering your life from all the stuff that is inessential to your life purpose and happiness. A simple life is not one where you renounce all things in life but one where you create more space to accommodate the real and meaningful things essential to your life progress. In this book you will learn: How to get rid of those things that are inessential to your life and that are just weighing you down - The simplest life-changing thing ever! How to let go of the mental blockers and beliefs that are holding you from simplifying your life and aligning with your life purpose (Very powerful!) How to simplify and declutter you living and working space - an effective how to guide How to manage your time

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