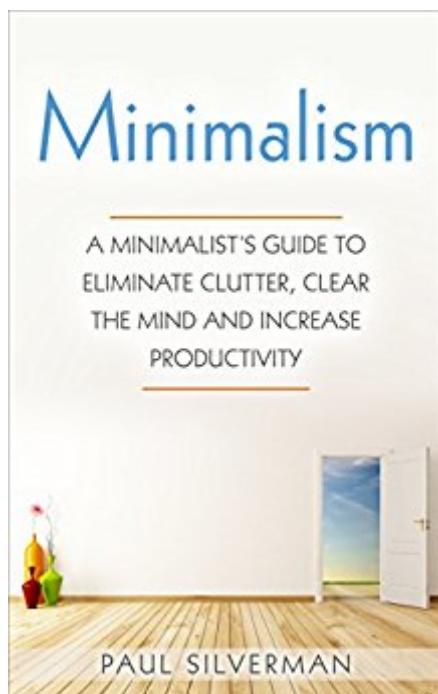


The book was found

Minimalism: A Minimalist's Guide To Eliminate Clutter, Clear The Mind And Increase Productivity



Synopsis

Use These Powerful Minimalist Tips To Free Your Mind, Eliminate Clutter And Increase Your Productivity

Along with all the benefits of living in a wealthy, modern world have come some unintended side effects that it is unlikely that our forefathers would have anticipated. Our lives have become cluttered both in a physical and mental sense by simple excess and we are forced to suddenly deal with having too much. Our closets, garages and desks are crammed to the maximum whilst our minds are swamped with tasks that should be done but are also being bombarded by social media, television and professional pressures. Rather than deal with the burgeoning problem many of us have simply ignored the situation in the vain hope that it will simply go away; after all, having a closet so jammed with clothes that you are no longer sure what is in there or a to do list that is so long that you won't complete it if you live to be a hundred is not really a life threatening scenario. In fact what researchers are now learning is that this accumulation of both material goods and unresolved mental tasks is creating high levels of anxiety that can have detrimental effects on both mental and physical wellbeing. The size of the task before us simply becomes so overwhelming that we ignore it and it is that nagging feeling that we should be doing something that causes the problems. The object of this book is to set you on a course to de-cluttering both your physical and mental space so that you can focus more on what is really important and free yourself to lead a happier and more productive lifestyle. The art of simplifying is not necessarily simple in itself but it will become that way as you break down the tasks ahead of you into smaller more manageable chunks. The reward for doing this will be a much deeper sense of inner peace and a greater ability to tackle those areas of your life that really matter. Inside you'll find the secrets of minimalism that will allow you to increase your productivity in an ever changing world

Book Information

File Size: 1675 KB

Print Length: 26 pages

Page Numbers Source ISBN: 1520135130

Simultaneous Device Usage: Unlimited

Publication Date: September 16, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01M1FMK2F

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #434,405 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #34

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#60 inÃ Books > Health, Fitness & Dieting > Addiction & Recovery > Hoarding #346

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Customer Reviews

Ok to read.

This book contains action steps and strategies for us how to start maintain minimalism. When I read this book this help the person to gain a happier lifestyle. This book highlight me about what can we be done for you not what can do for the economy. I found this very useful and I recommend this.

Just the essential start to getting a minimalists life in order. I cannot tell you how relieved my mind feels, the level of control and power I feel when I wake up in the morning feeling I am on top of the world rather than being beaten down by it. You won't regret buying this book!

Short book but to the point, I found the step by step approach in chapters 2 and 4 very useful to reorganise myself. Its definitely a lot of work initially but so worth it.

Great book and a real surprise. I was not expecting much when I purchased, but after reading I felt compelled to review it. It has offered real practical guidance on how to streamline my living/bedroom and stop hauling garbage with me everywhere I move. That alone deserved a thumbs up.

Good book. Straight to the point. I skip the decluttering because I already did that with my life. I wanted more of the mindsets of an minimalist.

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Clutter Free: Clutter Free Home EASY DECLUTTERING GUIDE (Clutter free, Clutter, Decluttering, Tidying up, Organizing, Tiny house, Minimalism) CLUTTER TO CLUTTER FREE: A Step by Step Guide on How to Organize and Get Rid of Clutter For a Stress-Free Life and Home (Home Organization, Hoarding, Declutter, Clutter free living with Kids) Clutter-Free: ONE HOUR A WEEK DECLUTTER! Simple Stress-Free Habits of a Clutter-Free Life. How to Organize Your Home, Finance & Lifestyle! (Clutter Free, Lifestyle, Clutter, Declutter) Minimalist Lifestyle: How to Start Living Simplistically Right Now (minimalist living, minimalism, living minimally, spirituality, declutter your home, decluttering, self-help, happiness, freedom,) DIY Projects: Save Time & Money Maintaining Your Home With Simple DIY Household Hacks, Home Remedies: Increase Productivity & Save Time with Frugal Living ... And Organizing, Increase Productivity) Deep Work: 2 Manuscripts: Minimalist - The Best Ways To Simplify Your Work Life, Minimalist - Finances And Budgeting The Minimalist Way Minimalist Living: Simplify Your Life: Living a Stress Free Minimalist Lifestyle with Less Clutter and More Happiness The Beginner's Guide to Minimalism: Reduce Stress, Increase Productivity and Change Your Life Minimal Lifestyle: 11 Minimalist Ideas to Clear Your Life (Minimalist living, Self Confidence, Stress Relief) DIY Household Hacks for Beginners: DIY Hacks For Cleaning And Organizing, Increased Productivity, Declutter your Home (DIY Home Improvements, DIY Household ... And Organizing, Increase Productivity) Minimalism: The Real Truth About Minimalism Clear Home, Clear Heart: Learn to Clear the Energy of People & Places Make Room for Minimalism: Becoming Minimalist - Simple Living Guide (The Art of Growth Book 4) Minimalist Living: Learning to love living with less (Minimalism and Decluttering) Minimalist Makeover: Four Easy, Step-by-Step Strategies To Simplify Your Life Just As Much As You Want - Balance Minimalism and Consumerism Minimalism Sucks: Ignore the Zealots and Learn a Dogma Free Way to De-Clutter Your Life 31 Days To A Clutter Free Life: One Month to Clear Your Home, Mind & Schedule The Minimalist Budget: A Practical Guide on Living Well, Spending Less, How to Save Money And Living Your Life With a Minimalist Lifestyle The Minimalist Budget: A Practical Guide On How To Save Money, Spend Less And Live More With A Minimalist Lifestyle

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