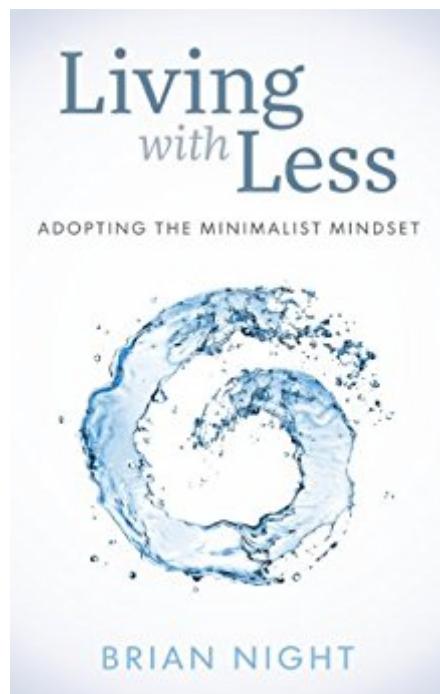


The book was found

# Adopting The Minimalist Mindset: How To Live With Less, Downsize, And Get More Fulfillment From Life



## **Synopsis**

Minimalism is all about spending your time with the most valuable people and objects in your life. Things that truly add value to your life. Discovering your passions in life are very important and will help you stay focused on your way to a minimalist life. You would be surprised at how many people have gone through life without discovering their hobbies or true passions. Many minimalists have combined their budgeting with their passions and have discovered a way to make their passions a full time income. By surrounding yourself with your passions and removing distractions you will find that you are naturally looking for ways to monetize your passions.

## **Book Information**

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## **Customer Reviews**

This book will help you understand WHY an organized life matters so much, to your mental and spiritual health as well as your physical health! The best statement in the first section is that I.Q. and test scores do not correlate to success like DISCIPLINE does. This is so very true that I felt it should have been the first statement of the entire book! Yet I can see why he 'eases' people into the concept, because most think of discipline as work. Mr. Night, however, adequately describes how it

is more painful to have to care for so much stuff & clutter than it does to spend less energy on it, leaving more energy for more important things in life. I rather disagree with the kitchen section, in which he recommends you do not need more utensils or storage containers than for 24-48 hours. First, these items can break, bend, suffer microwave damage and such, and second, many people in the U.S. shop for food on a weekly basis, so need a week's worth of storage. A huge number of country people I know must plan their weekly excursions (due to disabilities, not having a car, budgeting for gas and so forth), and do not have small grocery stores they can walk to every other day, such as most places in Europe do. I was also somewhat surprised by so many suggestions to buy things, ostensibly to help in organization. Although he gave reasons for them, most suggestions were unnecessary. A person trying to minimize their clutter usually already has those items, for example, and in some instances I felt the suggestion was unwarranted. For example, video games and DVD's can surely be packed into those multi-sleeve carrier folders, but the value of many of them can disappear if they get separated from their original boxes, instruction sheets, or other materials.

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