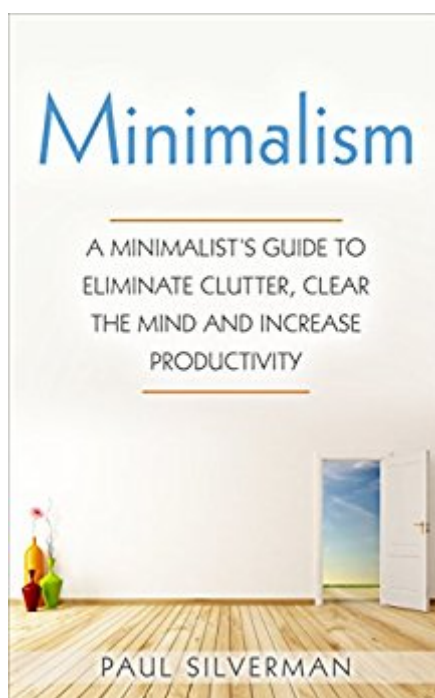


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# Minimalism: A Minimalist's Guide To Eliminate Clutter, Clear The Mind And Increase Productivity



## 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

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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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