

# HOW I BECAME A MINIMALIST

FROM SHOPAHOLIC TO  
LIVING WITH LESS

(PLUS TIPS TO HELP  
YOU SIMPLIFY)



# Minimalism Live Comfortably With Less

**Joshua Becker**



## **Minimalism Live Comfortably With Less:**

**Tiny Houses, Minimalism, & Being Frugal - Living with Less** John Davidson, 2017-02-23 Table of Contents Basic Information on Tiny Houses Basic Information on Minimalism Basic Information on Being Frugal The Difference among Adopting a Tiny House Minimalism and Being Frugal The Concept of a Tiny House Benefits of a Tiny House Life in a Tiny House 1 Necessities of Life 2 Dig into the Facts 3 The Advantages a Tiny House Offers 4 Planning a Tiny House 5 Tiny Houses Cost Extra Compared to a Larger House 6 Buy Multi Purpose Equipment Only 7 Reduce Personal Stuff The Concept of Minimalism Benefits of Minimalism How to Live a Minimalistic Life 1 Dig a bit more 2 What to Do List 3 Start with the least 4 Choosing Clothes 5 Label the Stuff 6 Prioritize Future Purchasing and Clearing the Stuff 7 Long Term Planning 8 Saving Money 9 Organize Your Living Style 10 Mark a few clutter free areas 11 Choose Healthy but Simple Food 12 Time to Move into the Tiny House How to Adopt Frugality Benefits of being frugal Frugal Living Guide 1 Explore Yourself 2 Assessing and Monitoring Things on a Weekly Bases 3 Start Budgeting 4 Avoid Lure and Temptation 5 Adopt Auto Payment Systems How All Three Concepts can Lead You to a Perfect Living Style Final Words Publisher      **Minimalism: Ultimate Guide Towards Focused Life And Live Better With Less Technology (Learn How To Simplify, Declutter, Reduce Stress, Find Happiness)** Clara Norman , 2022-06-23 Start the journey to owning less and being happy about it Most of us have this idea that the more stuff money people and commitments that we have the happier we will be There is some unsaid fallacy that more is equivalent to a better happier life It is a clear cut yet powerful step by step guide to minimalism a sustainable lifestyle that will enable you to finally clear away all the physical mental and spiritual clutter that fills many of our current stress filled lives Minimalism will help you redefine what is truly meaningful in your life When you declutter your life you gain the space and time to breath and appreciate how complete your minimalist life can truly be when you lose all the extraneous junk This book provides you with access to the information you need to use and the techniques that will ultimately allow you to become a minimalist and enjoy the simple life Here is a preview of what you ll learn Clear out the Clutter Simplify your life Save money Enjoy a minimalist lifestyle Change your world in 7 days If you are sick and tired of running the endless marathon of acquiring more for whatever reason and are looking for an alternative way of life where you can enjoy having less by developing the capacity to enjoy less make minimalism your way of life instead And this book will hold you by the hand from start to finish to ensure your journey to becoming a minimalist is effortless      **Frugal Living The Guide To Minimalism** Speedy Publishing, 2014-07-23 There are many benefits to frugal living and minimalism The first is that it helps to keep people from getting deep into debt Many consumers make the mistake of living well beyond their means When a person takes on a large debt burden they are not financially independent This can hurt one s chances of maintaining a good credit score Minimalism helps to ensure that people have the essentials that they need and that no matter what happens people will be provided for      **Minimalism: Live a Meaningful Life** Joshua Fields Millburn, Ryan Nicodemus, 2015-12-20

Minimalism is the thing that gets us past the things so we can make room for life's most important things which actually aren't things at all. At age 30, best friends Joshua Fields Millburn and Ryan Nicodemus walked away from their six-figure corporate careers, jettisoned most of their material possessions, and started focusing on what's truly important. In their debut book, Joshua and Ryan, authors of the popular website The Minimalists, explore their troubled pasts and descent into depression. Though they had achieved the American Dream, they worked ridiculous hours, wastefully spent money, and lived paycheck to paycheck. Instead of discovering their passions, they pacified themselves with ephemeral indulgences which only led to more debt, depression, and discontent. After a pair of life-changing events, Joshua and Ryan discovered minimalism, allowing them to eliminate their excess material things so they could focus on life's most important things: health, relationships, passion, growth, and contribution.

**Minimalism: Live better with less (and achieve mental quietness)** Victor de la Fuente, 2021-12-31 Do you know how many shoes you have? How often do you wear those sneakers that you have just in case? Is it difficult for you to get rid of things that you will not use anymore? Do you often worry about situations that finally do not occur? Do you own things or do they own you? Between theory and practice, the book reviews the concept of minimalism both in its materialistic and mental aspects. *Minimalism: Living Better With Less* addresses the paradigm of being happier with fewer possessions. The theory aside, the book explores different tricks and techniques to test minimalism in a practical and pragmatic way in the world we live in. A powerful mix between its own content and a summary of the teachings of the most relevant authors in minimalism, such as Marie Kondo, Leo Babauta, Joshua Becker, and others like it. *Less Is More* Mila Sophia Lane, 2025-01-28 Discover the Path to True Financial Independence. In a world overflowing with temptations and excess, finding the secret to financial freedom may seem elusive. Yet what if the answer lies not in accumulation but in simplification? *Less Is More: The Frugal Way to Financial Freedom* invites you on a transformative journey where abundance is redefined not by what you acquire but by what you let go. Imagine embracing a lifestyle where your spending habits no longer control you and your financial stress dissipates like a distant memory. With insights from minimalism and budgeting basics to smart shopping strategies and frugal health and wellness, this book dismantles the myths of modern consumerism. Instead, it offers a blueprint for a life rooted in mindfulness and sustainability. This book promises to ignite the desire to transform your life, teaching you to cut through the noise of unnecessary expenses and shine a light on what truly matters. Whether it's efficient meal planning or sustainable living, each chapter builds a solid foundation toward debt management and savings, allowing you to allocate resources where they impact the most your future. Ready to transform your financial reality? Dive into *Less Is More* and find practical tools, insightful tips, and a community-centric approach that will empower you to reclaim control. It's not just a guide; it's a movement towards a balanced, purpose-driven life. This is about embracing simplicity and thriving in the financial freedom you once thought impossible. Your journey begins now. **UNLEASHED MINIMALISM**, 2025-09-29 We live in a world filled with distractions, clutter, and constant pressure. Minimalism isn't about owning less; it's about living with

more clarity freedom and intention This book will help you discover what truly matters let go of the unnecessary and design a life centered on peace and balance With practical tips mindful exercises and real life reflections you ll learn to reduce stress find focus and embrace happiness in simplicity A must read for anyone who wants to slow down feel lighter and create space for what really brings joy

**The More of Less** Joshua Becker, 2018-11-20 NATIONAL BESTSELLER Don't Settle for More Most of us know we own too much stuff We feel the weight and burden of our clutter and we tire of cleaning and managing and organizing While excess consumption leads to bigger houses faster cars fancier technology and cluttered homes it never brings happiness Rather it results in a desire for more It redirects our greatest passions to things that can never fulfill And it distracts us from the very life we wish we were living Live a better life with less In *The More of Less* Joshua Becker helps you Recognize the life giving benefits of owning less Realize how all the stuff you own is keeping you from pursuing your dreams Craft a personal practical approach to decluttering your home and life Experience the joys of generosity Learn why the best part of minimalism isn't a clean house it's a full life The beauty of minimalism isn't in what it takes away It's in what it gives Make Room in Your Life for What You Really Want Maybe you don't need to own all this stuff After a casual conversation with his neighbor on Memorial Day 2008 Joshua Becker realized he needed a change He was spending far too much time organizing possessions cleaning up messes and looking for more to buy So Joshua and his wife decided to remove the nonessential possessions from their home and life Eventually they sold donated or discarded over 60 percent of what they owned In exchange they found a life of more freedom more contentment more generosity and more opportunity to pursue the things that mattered most *The More of Less* delivers an empowering plan for living more by owning less With practical suggestions and encouragement to personalize your own minimalist style Joshua Becker shows you why minimizing possessions is the best way to maximize life Are you ready for less cleaning less anxiety and less stress in your life Simplicity isn't as complicated as you think

*Learning the Tricks on Life Minimalism* Dorothy Mohl, 2016-12-16 This book contains amazing and helpful information that can help you understand a minimalist life and how to achieve happiness as a minimalist There are people who think that to acquire and do more shall make life more satisfying They labor very hard to occupy nice houses drive luxurious vehicles go for expensive vacations own the most recent technology and just fundamentally live life full of all material comforts which every one of us desires to have Most people think that by having everything you desire the happier one becomes but in the real sense you can't satisfy the desire for material things This makes them less happy and unsatisfied People look for other desires after acquiring what they wanted This creates cycle that has a process that will never end Mounting up things in your place makes life complicated as it leads to your space being cluttered and disorganized Find the inner peace and satisfaction which comes through living simple This book gives you very useful tips and information on the arts of simple living and ways of being happy and contented living simply Here Is A Preview Of What You Will Learn Understanding Simplicity and Minimalism How do You Make Your Relationships Simple How do You Simplify Your Health

and Physical Fitness Why do You Want to Live a Simple Lifestyle Financial Simplicity How do You Ensure that You Live a Simple Life for a Long Time Organizing Your Workplace Meditation in Relation to Simplicity How to Start the Downgrading Process Thank you for purchasing this book I hope you enjoy it Get Your Copy Today      **Homes for the Future** Barrett Williams, ChatGPT, 2025-01-24 Homes for the Future A Blueprint for Transforming Urban Living Step into the future of urban housing with Homes for the Future a compelling exploration of innovative solutions to today's most pressing housing challenges As cities swell and traditional infrastructure falters this eBook dares to imagine a world where housing is not only affordable but also sustainable resilient and inclusive Begin your journey by understanding the deep rooted causes of the urban housing crisis as well as the limitations of outdated approaches With an eye toward change delve into how modular housing and tiny homes can redefine residential architecture offering a vision of practical scalable design Discover mixed use developments that promise to bring community and affordability back to the heart of urban planning In the pursuit of sustainability the book examines how green architecture and energy efficient designs are setting new standards for affordable living Learn about the critical role that renewable materials play in creating spaces that are both eco friendly and cost effective Witness the power of policy in driving transformation through zoning reforms sustainable construction incentives and dynamic public private partnerships Read on about how community led initiatives like co housing and urban living labs are redefining collective living fostering environments of shared resources and collaborative growth Technological advances are revolutionizing the sector and this guide takes you through the cutting edge possibilities of 3D printing prefabrication and smart housing technology With case studies from around the globe uncover inspiring examples of success and hard earned lessons from the occasional misstep As the book navigates through regulatory frameworks and policy recommendations it offers a clear vision for housing by 2050 tackling barriers and advocating for policies that support growth Homes for the Future is not just a guide but a call to action urging stakeholders to pave the way to a world where urban living is equitable and thriving Discover the potential of the cities of tomorrow today      *Messy Minimalism* Rachelle Crawford, 2021-12-07 Messy Minimalism gives us permission to do minimalism our way the imperfect way the messy way and most importantly the real way approachable for everyone Courtney Carver author of Project 333 and Soulful Simplicity and founder of Be More with Less Think minimalism means a perfectly curated always tidy home Think again Drowning in tides of toys overflowing closets and a crazy schedule Rachelle Crawford assumed you had to be naturally organized to keep a tidy living space Then she found minimalism the messy real life kind that is less about perfection and more about purpose Thus began a journey toward decluttering her home calendar and soul With empathy grace and humor Crawford who curates the popular Abundant Life with Less site shares doable ways to own less and live more fully Laying out practical strategies for reducing waste curbing consumption decluttering and finding lots more joy Crawford offers no nonsense solutions for the rest of us Learn to become a more conscious consumer create a capsule wardrobe inspire family members to join you free up

more time for the things that matter and create a tidy ish home The messy minimalist way is a no judgment zone one in which we learn sustainable habits and grace based practices It s about living lightly on the earth and making room for purpose Becoming a messy minimalist is not about turning into someone else it s about clearing away clutter and expectations to unearth who you really are It s about carrying fewer things so that we find ourselves holding onto what truly matters

*Financial Freedom: A Complete Guide to Achieving Financial Objectives and Living Your Dream Life at Any Age*  
Jordan Parker, 2019-12-16 How to achieve financial freedom at any age even if you don t know how to budget or save No matter who you are where you live or what you do chances are you long for financial freedom You want the peace of mind that comes with knowing you can take care of yourself and that your money works for you not the other way around Unfortunately to most people financial freedom seems impossible The debt cycle traps many victims and can make you feel hopeless How are you supposed to get ahead when you re so far behind It s time to change your mindset and realize that you re not a passive player in life You can take control of your financial future You just need to know how Financial Freedom aims to show you how to budget manage your finances and use clever tactics to build your wealth and become debt free In this book you ll learn How to create an effective budget that works for you The psychology behind debt How minimalism can help you save money Why investing is always a good idea How to start a low maintenance business Money myths that you should unlearn asap How to apply all the tips and tricks to your life to achieve financial freedom You don t have to look at money as a curse Financial freedom is possible It s not easy but nothing worth it ever is Reclaim control over your financial future Click add to cart to find out how to build your wealth and achieve the life you ve always dreamed of

**Minimalist Living** Marie S. Davenport, 2018-10-22 If you want to know how this new proven revolutionary lifestyle can help free you from worry stress and financial problems while helping you live a healthier life read on In Minimalist Living 2 Books in 1 Declutter Your Mind Minimalist Budget using Minimalism Essentials to Declutter Organize and Simplify Your Life you will discover The powerful method used by success gurus such as Brian Tracy in order to help you focus on your most important priorities to save you time and free you from unnecessary stress Ten warning signs to look out for in order to avoid getting mental clutter and let it affect your life Eight helpful ways that would dramatically shift your thinking from negative to positive Nine benefits on how meditation can help free you from thoughts of worry and anxiety How to get more done in less time to avoid getting overwhelmed mentally and physically Seven strategies that are easy to implement for achieving the necessary work life balance How to effectively declutter your home to free up more space and provide a better stress free environment The benefits of a less is more minimalist lifestyle and how to start freeing yourself from things you don t really need A Bonus Chapter on being free from Digital Clutter featuring eight proven ways on how to achieve digital decluttering and not let all the noise affect you The main reason why your mind is filled with so much clutter and how you can fix it Eight simple ways you can apply instantly to start saving money How to dramatically shift your thinking from a negative mindset to a positive

one when it comes to money Six strategies you can use in order to budget the right way Easy steps on how you can come up with a financial plan that lets you both save more and earn more A seven part solution in order to free you from compulsive spending once and for all A powerful budgeting strategy that would help align your spending with your money saving goals Bonus Chapter on saving money when dealing with the five biggest areas that take up more than 50% of our expenses Eleven practical techniques to help you get out of debt regardless of the amount and much much more With easy to follow techniques on each chapter to help you get immediate results even if you have tried all the Budgeting books out there but not getting significant results have a very busy lifestyle or have never tried Minimalism or Mindfulness before you can experience freedom from mental clutter fix your financial situation and improve your life overall with this bundle on Minimalist Living So if you want to experience stress free living and get relief from both mental and digital clutter and financial issues click the Add To Cart button now

Less is More Marcel Berroth, 2025-08-25 Less is More The Fundamental Steps to Inner Freedom and Happiness Do you ever feel like no matter how much you do buy or achieve it s never enough Always more always faster always better yet inside a quiet emptiness lingers This book is your invitation to pause to step off the treadmill of constant striving and to rediscover a life that feels real and fulfilling Less is More is not another standard self help manual It s a deeply personal guide to clearing away the excess on the outside and the inside In warm clear and moving language the author reveals why true wealth is not measured in numbers on a bank account but in the clarity of knowing what we truly need You ll discover how consumer culture advertising and social expectations shape our lives and how you can break free from them With practical exercises honest insights and powerful reflections this book will guide you toward more calm meaning and self determination A book for anyone who is tired of chasing more and ready to embrace the freedom joy and fulfillment that come with less

**Less Is More** Sam Choo, Discover the transformative power of simplicity with Less Is More Uncover Self Employed Freedom Through Simplicity This insightful guide is crafted for self employed individuals and freelancers who aspire to carve out a life of freedom creativity and financial independence by embracing minimalist principles In today s world where the pressure to own more and do more can be overwhelming Less Is More offers a refreshing alternative By focusing on simplifying your lifestyle and reducing your expenses you can achieve greater freedom and control over your time essential components for a satisfying self employed life What You Will Learn Strategies for Minimalist Living Learn how to declutter not only your physical space but also your business operations and expenses enabling a clearer focus on what truly adds value to your life Foundations of Financial Freedom Dive into practical methods for minimizing expenses and maximizing income where your lifestyle needs are comfortably met without the constant chase for more money Investing in Experiences Shift your spending from material goods to experiences and relationships that enrich your life and foster lasting happiness Building a Sustainable Business Discover how to streamline your business processes create passive income streams and implement automation to scale your efforts efficiently and sustainably

Geographical Freedom Explore how choosing where to live can significantly reduce your living costs and enhance your lifestyle quality giving you true freedom in how and where you work Whether you re just embarking on your self employed journey or looking to refine your lifestyle and business Less Is More provides the tools and insights you need to live a richer life with fewer possessions This book is not just a guide it s an invitation to transform your life and embrace the joy of living with simplicity Embrace the minimalist philosophy to maximize your life and work with Less Is More Start your journey towards a freer simpler and more fulfilling life today

[The Longing for Less](#) Kyle Chayka,2020-01-21 The New Yorker staff writer and Filterworld author Kyle Chayka examines the deep roots and untapped possibilities of our newfound all consuming drive to reduce Less is more Everywhere we hear the mantra Marie Kondo and other decluttering gurus promise that shedding our stuff will solve our problems We commit to cleanse diets and strive for inbox zero Amid the frantic pace and distraction of everyday life we covet silence and airy Instagrammable spaces in which to enjoy it The popular term for this brand of upscale austerity minimalism has mostly come to stand for things to buy and consume But minimalism has richer deeper and altogether more valuable gifts to offer In [The Longing for Less](#) one of our sharpest cultural critics delves beneath the glossy surface of minimalist trends seeking better ways to claim the time and space we crave Kyle Chayka s search leads him to the philosophical and spiritual origins of minimalism and to the stories of artists such as Agnes Martin and Donald Judd composers such as John Cage and Julius Eastman architects and designers visionaries and misfits As Chayka looks anew at their extraordinary lives and explores the places where they worked from Manhattan lofts to the Texas high desert and the back alleys of Kyoto he reminds us that what we most require is presence not absence The result is an elegant synthesis of our minimalist desires and our profound emotional needs With a new afterword by the author

[Simplicity at Home](#) Yumiko Sekine,2021-02-09 A gorgeous guide to creating a beautiful comfortable home based on Japanese traditions from the founder of the beloved lifestyle brand Fog Linen Work For anyone who dreams of a home filled with well organized closets eye catching flower arrangements perfectly draped blankets and thoughtfully curated shelves here is a guide to cultivating an elegant home Yumiko Sekine founder of the internationally celebrated lifestyle brand Fog Linen Work shares lovely rituals and simple techniques based on Japanese traditions including practices for decorating organizing preparing food and more From the kitchen to the bedroom and every space in between here are tips for refreshing a home each season arranging and displaying fresh flowers in spring choosing the right sheets and linens for summer taking warm herbal baths in autumn and draping blankets and layering rugs to cozy up a space for winter Brimming with easy to follow tips for elevating any space and packed with hundreds of photographs showcasing gorgeous interiors this book is an invitation to create a home that nourishes rejuvenates and inspires all year long CELEBRATED AUTHOR Yumiko Sekine is the founder of Fog Linen Work a Japanese home goods brand sold throughout the world and beloved by home cooks interior decorators and design enthusiasts Her products are known for their simplicity beauty and ability to elevate any space In this book Sekine distills all her secrets

to creating a home that exudes simple elegance ORGANIZATION MADE EASY This book gives readers easy elegant ways to declutter their homes and organize their belongings whether they live in an apartment or house and includes simple tips for tidying and curating objects to bring order and simplicity to every room JAPANESE TRADITIONS Yumiko presents Japanese traditions for preparing food arranging flowers entertaining organizing and more The combination of ancient practices and modern techniques makes this the perfect companion for anyone curious about Japanese culture and aesthetics GIFT WORTHY Presented in a linen wrapped case and brimming with hundreds of gorgeous photographs and inspired advice for every home this book is a perfect addition to any bookshelf and a lovely gift for new homeowners newlyweds and fans of organization and interior design Perfect for Interior designers minimalists and fans of sustainability People who are into organizing their space Fans of Fog Linen Work *Extreme Minimalism* Sreekumar V T, 2025-07-14 *Extreme Minimalism Own Nothing Live Everything* by Sreekumar V T is a powerful and insightful manifesto for anyone feeling overwhelmed by the clutter of modern life In a culture obsessed with accumulation and consumption this book offers a radical yet deeply practical approach to freedom the art of owning far less and gaining so much more Through clear guidance thoughtful reflections and real world examples Sreekumar invites readers to strip away the excess possessions that weigh us down physically financially and emotionally and to embrace a life defined not by things but by purpose presence and meaning This transformative book explores the profound benefits of extreme minimalism living with just fifty essential items and how this intentional simplicity can lead to greater financial independence reduced stress and a clearer mind It delves into the psychology behind consumerism offering strategies to overcome emotional attachments and break free from the cycle of mindless buying Readers will discover how minimizing possessions opens space for richer experiences deeper relationships and true ownership of their most precious resource time *Extreme Minimalism* goes beyond decluttering and organizing it redefines what it means to live fully in today's fast paced material driven world Sreekumar shares inspiring stories of people who have tested the limits of minimalism traveling the globe with a single backpack curating capsule wardrobes and creating homes designed for abundance through empty space The book also provides actionable steps for maintaining simplicity over the long term and extending minimalist principles into the digital realm to conquer mental clutter For anyone yearning to escape the exhausting pursuit of more tired of feeling trapped by their possessions or seeking a life that prioritizes joy freedom and connection *Extreme Minimalism Own Nothing Live Everything* is the essential guide It is a call to embrace less as a path to owning everything that truly matters **Declutter Your Mind** Marie S. Davenport, 2018-10-04 If you are mentally exhausted and overwhelmed with worry and stress due to life demands and would like to find a way to free yourself from both mental and digital clutter read more Are you filled with worry and stress You are not alone Every year in the United States worry and anxiety affects 40 million Americans Stress from being overwhelmed both mentally and physically is a real problem that needs to be addressed Some have decided to just deal with it in silence and treat it as something that is

normal But you don't need to get overwhelmed anymore There is a way out of all the mental and digital clutter In *Declutter Your Mind Effectively* How to Free Your Thoughts from Worry Anxiety Stress using Mindfulness Techniques for Better Mental Clarity and to Simplify Your Life you will discover The powerful method used by success gurus such as Brian Tracy in order to help you focus on your most important priorities to save you time and free you from unnecessary stress Ten warning signs to look out for in order to avoid getting mental clutter and let it affect your life Eight helpful ways that would dramatically shift your thinking from negative to positive Nine benefits on how meditation can help free you from thoughts of worry and anxiety How to get more done in less time to avoid getting overwhelmed mentally and physically Seven strategies that are easy to implement for achieving the necessary work life balance How to effectively declutter your home to free up more space and provide a better stress free environment The benefits of a less is more minimalist lifestyle and how to start freeing yourself from things you don't really need A Bonus Chapter on being free from Digital Clutter featuring eight proven ways on how to achieve digital decluttering and not let all the noise affect you The main reason why your mind is filled with so much clutter and how you can fix it and much much more With easy to follow techniques on each chapter to help you get immediate results even if you have a very busy lifestyle or have never tried the Mindfulness or Minimalism before you can experience freedom from mental clutter and improve your life

### **Declutter & Live The Clutter Free Life** Kathleen

Avery, 2015-03-09 Decluttering is not a one time event Living clutter free is a lifestyle choice meaning it's done on purpose It's one thing to declutter your home but is doing this one thing really enough We spend a lot of time and energy in putting forth this step which is truly the first step and is crucial But clutter exist in many areas of our lives To actually say we are living a clutter free life we must declutter all areas of our lives not just our home We must also declutter our finances and minds and stop the destructive behavior that is causing us to lose control in these areas If we are serious about decluttering we need to start asking ourselves some tough questions This may mean learning to live with less so we can focus on those things which are truly important to us Asking do I actually have to have the latest and greatest gadget Adopting a minimalist posture at times *Declutter and Live the Clutter Free Life* addresses many areas of our life not just our homes Many of us have a hard time letting go of our possessions Some of us are exhibiting signs of hoarding Are you one that is saving things thinking I will need them later and that later never comes If you see yourself in any of the above this book is for you This book offers practical tips and suggestions to help you declutter your home and finances and curb the addictions that may be at the root of it all

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### **Minimalism Live Comfortably With Less Introduction**

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