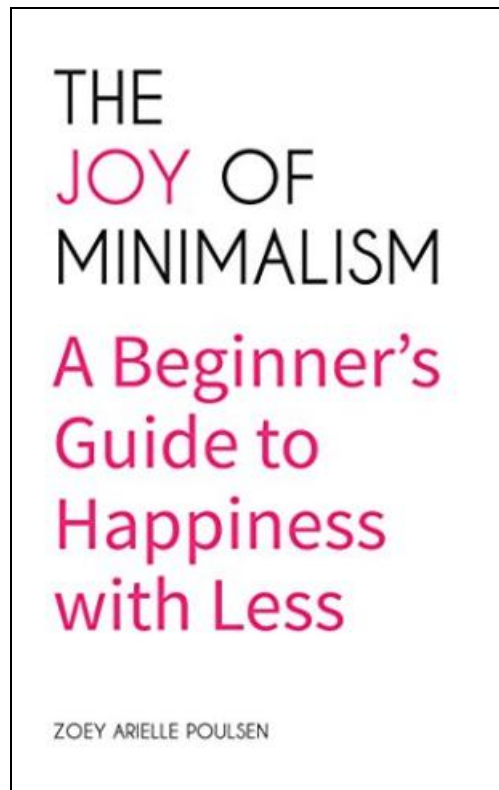


## The Joy of Minimalism: A Beginner's Guide to Happiness with Less (Paperback)



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(Prof. Jeremie Kozey)*

## THE JOY OF MINIMALISM: A BEGINNER'S GUIDE TO HAPPINESS WITH LESS (PAPERBACK)



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Mango Media, United States, 2018. Paperback. Condition: New. Language: English . Brand New Book. Minimalism and the simple life's natural to love stuff! More than that, it's natural to love your stuff. That notebook from 8th grade, your Disney VHS , mismatched socks. They all have sentimental value and they all take up space. Author and YouTuber, Zoey Arielle, opens up about her struggle with loving all the things in life we bring home. A hoarder in disguise, Arielle has mastered the tools needed to embrace simplicity and the minimalist philosophy. Minimalism guide: Zoey Arielle Poulsen's *The Joy of Minimalism* is the friendly guide you've been searching for as you embark on a life of simplicity. Life can stress anyone out. So, by embracing minimalism, you'll be saying goodbye to stress and everything that you never needed anyway. Discover a greater focus and true freedom as you live your new life with a real sense of gratitude for everything and everyone around you. Enjoy the simple life: In *The Joy of Minimalism* Poulsen shows you how to simplify the act of letting go while sharing her personal journey into this calmer sense of life. Beyond offering specific tips on transitioning, she also invites you to journal your new awakening. Minimalism is more than a movement or fad, it's a sense of happiness and practice that will bring you closer to your true self. *The Joy of Minimalism* teaches you to live better with less. You'll learn how to: Rediscover the freedom of owning less Embrace life and all the non-material things the world has to offer Master your own personal style for organizing and decluttering Celebrate your new life with a free mind.



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