

## Soulful Simplicity How Living With Less Can Lead To So Much More

Meditation instructor, Deepak Chopra protégé, director of Meditation Wanderlust Hollywood, and Lululemon ambassador Megan Monahan presents a no-nonsense guide to meditation for everyday soul-searchers. This modern guide to meditation from instructor Megan Monahan takes readers beyond empty Instagram truisms to the simple yet effective ways to "meditate their way through the bad shit and into the good shit." With a fresh voice and perspective, Monahan presents a set of tools grounded in a meditation technique that is impossible to screw up. With her help, you'll unpack the five spiritual mindsets (Presence, Acceptance, Intention, Nonjudgment, and Trust, aka PAINT) that are key to moving out of constriction and fear and into a more expansive space within yourself and your life. Ultimately, you will quickly notice, at any triggering moment, where you're getting stuck and how to more consciously move through it. The good news? This process is applicable to everything in your life, from missing a flight to seeing your ex's engagement photo on social media to losing your job. Wouldn't it be nice to not be completely leveled by any of those occurrences? Plot twist: After reading this book, taking the quizzes, and doing the themed meditations . . . you won't be!

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.

"In Living with less, Joshua will guide you through biblical teachings on possessions and his own personal experience with minimalism—living with only the essential ... This book will challenge you to spend your hours, energy, and resources in ways that draw you closer to the heart of Jesus."—Page 4 of cover.

**NEW YORK TIMES BESTSELLER** • In this lovely, easy-to-use illustrated guide to decluttering, the beloved author of *The Happiness Project* shows us how to take control of our stuff—and, by extension, our lives. Gretchen Rubin knows firsthand that creating order can make our lives happier, healthier, more productive, and more creative. But for most of us, a rigid, one-size-fits-all solution doesn't work. When we tailor our approach to suit our own particular challenges and habits, we can find inner calm. With a sense of fun, and a clear idea of what's realistic for most people, Rubin suggests dozens of manageable tips and tricks for creating a more serene, orderly environment, including: • Never label anything "miscellaneous." • Ask yourself, "Do I need more than one?" • Don't aim for minimalism. • Remember: If you can't retrieve it, you won't use it. • Stay current with a child's interests. • Beware the urge to "procrastinate." By getting rid of things we don't use, don't need, or don't love, we free our minds (and our shelves) for what we truly value.

An engaging and practical guided tour of the simple and nature-inspired ways that Finns stay happy and healthy—including the powerful concept of *sisu*, or everyday courage. Forget *hygge*—it's time to blow out the candles and get out into the world! Journalist Katja Pantzar did just that, taking the huge leap to move to the remote Nordic country of Finland. What she discovered there transformed her body, mind and spirit. In this engaging and practical guide, she shows readers how to embrace the "keep it simple and sensible" daily practices that make Finns one of the happiest populations in the world, year after year. Topics include: • Movement as medicine: How walking, biking and swimming every day are good for what ails us—and best done outside the confines of a gym • Natural mood boosters: Cold water swimming, steamy saunas, and other ways to alleviate stress, anxiety, insomnia, and depression • Forest therapy: Why there's no substitute for getting out into nature on a regular basis • Healthy eating: What the Nordic diet can teach us all about feeding body, mind and soul • The gift of *sisu*: Why Finns embrace a special form of courage, grit and determination as a national virtue - and how anyone can dig deeper to survive and thrive through tough times. If you've ever wondered if there's a better, simpler way to find happiness and good health, look no further. The Finns have a word for that, and this empowering book shows us how to achieve it.

"An enjoyable, inspiring guide to improving your life one clutter-free week at a time." —Lindsey Pollak, *New York Times* bestselling author of *Recalculating* From taking control of an overflowing closet to creating clear and achievable life goals, Mary Carlomagno shows you how to strip away the nonessentials and make room for serenity, change, creativity, and even enlightenment. Offering a practical week-at-a-time approach, Carlomagno helps you shed not only the unnecessary things that are cluttering up your day, but also the habits and mindsets that keep you from reaching your fullest potential. "A highly readable expose on the meaning of stuff." —David Wann, coauthor of *Affluenza*

From the popular host of *The Astral Hustle*, an accessible guide to hacking your mind—and life—to feel more fully present and alive, even if you're not the "the meditating type." Through his popular podcast *The Astral Hustle* and online meditation course *Release into Now*, Cory Allen has helped thousands of people better cope with the stress of daily life through meditation, mindfulness, and mental clarity. With concise advice and profound simplicity, he manages to cut through the jargon and speak to people where they are, giving them the tools to live in "the wow of now." In this accessible and supportive guide, Allen walks readers through the basics of mindfulness—not as something you should do, but as a tool to achieve greater peace of mind, dial down anxiety and stress, and truly feel like yourself. Informed by a lifelong personal journey, as well as insights gathered through podcast interviews with leaders in mindfulness, neuroscience, and philosophy, *Now Is the Way* is a simple user's manual for living the life you want, one present moment at a time.

More than 1,000,000 copies in print! The more complex life becomes, the more people crave simplicity. Whether it's in your work, relationships, health, finances, or leisure time, North America's simplicity expert Elaine St. James can help you learn to unwind and improve the quality of your life. If you're feeling over-powered, overextended, and overwhelmed, *SIMPLIFY YOUR LIFE* is the antidote, providing one hundred proven, practical steps for creating a simple and satisfying way of life.

A simple guide to breathwork by a lauded expert that takes you through 25 simple practices for everyday situations, such

as de-stressing, managing anger, falling asleep, connecting with others, and more. In *How to Breathe*, breathwork expert Ashley Neese gives practical guidance for channeling the power of your breath to help you tackle common challenges with mindfulness and serenity. The book first introduces you to the foundations of breathwork, outlining the research-supported benefits of the practice and explaining how the breath relates to emotions and resilience. Neese then offers 25 customized practices that she has created for clients over the last decade. Each practice features an introduction explaining the origin, benefits, and purpose of the breathwork, followed by step-by-step instructions and post-practice notes. With transporting photography and modern design, *How to Breathe* shows how small exercises can have a huge impact on daily health and happiness.

In *The Simple Living Guide* Janet Luhrs demonstrates how to live a deliberate, simpler life--and savor it. As Janet Luhrs says, "Simple living is about living deliberately. Simple living is not about austerity, or frugality, or income level. It's about being fully aware of why you are living your particular life, and knowing that life is one you have chosen thoughtfully. Simple living is about designing our lives to coincide with our ideals." Whether you are looking at small solutions for cutting down the stress in your life or taking the big leap toward the simpler life, this book can be your guide. Janet Luhrs, the nationally recognized founder and editor of the *Simple Living Journal*, brings together strategies, inspiration, resources, and real-life profiles of people who have slowed down, overcome obstacles, and created richer lives. Discover Simple Living approaches to: money, work, holidays, cooking and nutrition, health and exercise, clutter, gardening, travel, and more!

*Simple Soulful Sacred* is a guidebook for the modern woman who seeks clarity and guidance on how to live the life of her dreams, on her own terms. It's for the women of our time--the mothers, teachers, healers, light workers, dreamers, creators, leaders--who are ready to find their voice, speak their truth and own their power, whilst living life with less hustle and more flow. For modern women wanting more for their lives, it's the now age definition of having it all. Women are rising; ready to step out of the cloak of masculine traits that keep them striving for a version of success that is not their own. Ready to stop hiding their light and playing the comparison game. And ready to fully embody their feminine power. Because whilst the feminine may have been disowned and devalued for centuries, we are so done with that story now. But it's still a paradox. Because within this very rising, women are longing to step out of the noise and chaos, to live more simply. They want time and space for what's most important to them; and the comfort, consciousness and connection that often gets lost in the busyness and distractions of daily life. This book is the bridge women have been seeking. Written with the time-poor reader in mind, this book includes 200 short-form chapters, the perfect length for dipping into while commuting; during a lunch break or at the end of the day. The perfect gift, or self-gift, for women of all ages. If there is one thing that most of us aspire to, it is, simply, to be happy. And yet attaining happiness has become, it appears, anything but simple. Having stuff --the latest, the newest, the best yet -- is all too often peddled as the sure fire route to happiness. So why then, in our consumer-driven society, is depression, stress and anxiety ever more common, affecting every strata of society and every age, even, worryingly, the very young? Kate Humble's fresh and frank exploration of a stripped-back approach to life is uplifting, engaging and inspiring -- and will help us all find balance and happiness every day.

Most people don't start thinking about retirement until they hit 40, 50 or beyond. But what if making some simple changes in the way we live today gave us the opportunity to retire earlier and more fearlessly than we expect? Even better, what if a way existed to start enjoying life with more peace of mind, happiness and freedom right now? If you're worried about your future and are tired of the rat race that seems to lead nowhere, then rightsizing might be the best way for you to reimagine your life--starting today! What is rightsizing? Rightsizing is the conscious choice to reinvent a lifestyle that more closely fits you and your family in the best possible manner at every stage of life. Rightsizing provides the freedom to let go of the daily grind of just getting by day-in and day-out. So instead of constantly striving toward more and more stuff and trying to keep up with the neighbors, rightsizing avoids unsustainable debt, stress, addiction and competition and allows us to recreate life with meaning and purpose. Rightsizing helps us each design a life that lets us spend our time and resources on whatever is most important to us. And best of all, rightsizing is about discovering what gives our life meaning, makes us smile, and allows us to sleep well and deeply every single night. If you don't have that now, maybe it's time to rightsize your life. *Rightsizing--A SMART Living 365 Guide to Reinventing Retirement* is a collection of blog posts written by Kathy Gottberg on her blog *SMART Living 365.com*. These articles address some of her best ideas about the topic and reveal how each of us can discover our own unique version of a life focused on what truly matters. This book is about unraveling the layers of our lives, delving beneath the surface in order to better understand ourselves, our relationships, and our path. Author Susannah Conway uncovered this process following a tragedy--the sudden death of the man she loved. In sharing her journey of self-discovery first through her blog, then her online courses, and now in these pages, she reveals how grief reshaped her life and led her to reconnect with her creativity, make peace with her past, and learn to appreciate herself. This is a guidebook of sorts, a collection of thoughts and theories, each chapter culminating in a small creative exercise for the reader to reflect upon and apply to her own life. The author's signature dreamy Polaroid images are also included throughout. Conway reminds readers that they are not alone, that living mindfully is a process, and that unraveling is not about coming undone or losing control, but rather letting go in the best possible way. By untangling the knots that hold you back, unearthing the potential that's always been there and ditching the labels and should-haves you can let yourself be who you were always meant to be.

A popular minimalist blogger and author of *The More of Less* shows you how to methodically turn your home into a place of peace, contentment, and purposeful living. One of today's most influential minimalist advocates takes us on a decluttering tour of our own houses and apartments, showing us how to decide what to get rid of and what to keep. He both offers practical guidelines for simplifying our lifestyle at home and addresses underlying issues that contribute to

over-accumulation in the first place. The purpose is not just to create a more inviting living space. It's also to turn our life's HQ--our home--into a launching pad for a more fulfilling and productive life in the world.

Wear just 33 items for 3 months and get back all the JOY you were missing while you were worrying what to wear. In Project 333, minimalist expert and author of Soulful Simplicity Courtney Carver takes a new approach to living simply--starting with your wardrobe. Project 333 promises that not only can you survive with just 33 items in your closet for 3 months, but you'll thrive just like the thousands of woman who have taken on the challenge and never looked back. Let the de-cluttering begin! Ever ask yourself how many of the items in your closet you actually wear? In search of a way to pare down on her expensive shopping habit, consistent lack of satisfaction with her purchases, and ever-growing closet, Carver created Project 333. In this book, she guides readers through their closets item-by-item, sifting through all the emotional baggage associated with those oh-so strappy high-heel sandals that cost a fortune but destroy your feet every time you walk more than a few steps to that extensive collection of never-worn little black dresses, to locate the items that actually look and feel like you. As Carver reveals in this book, once we finally release ourselves from the cyclical nature of consumerism and focus less on our shoes and more on our self-care, we not only look great we feel great-- and we can see a clear path to make other important changes in our lives that reach far beyond our closets. With tips, solutions, and a closet-full of inspiration, this life-changing minimalist manual shows readers that we are so much more than what we wear, and that who we are and what we have is so much more than enough.

"Awakening Your Ikigai is really quite a delightful look at sometimes mystifying Japanese traditions."—The New York Times Book Review Introducing IKIGAI: find your passions and live with joy Ikigai is a Japanese phenomenon commonly understood as "your reason to get up in the morning." Ikigai can be small moments: the morning air, a cup of coffee, a compliment. It can also be deep convictions: a fulfilling job, lasting friendships, balanced health. Whether big or small, your ikigai is the path to success and happiness in your own life. Author Ken Mogi introduces five pillars of ikigai to help you make the most of each day and become your most authentic self: 1. starting small ? focus on the details 2. releasing yourself ? accept who you are 3. harmony and sustainability ? rely on others 4. the joy of little things ? appreciate sensory pleasure 5. being in the here and now ? find your flow. Weaving together insights from Japanese history, philosophy, and modern culture, plus stories from renowned sushi chef Jiro Ono, anime filmmaker Hayao Miyazaki, and others, Mogi skillfully shows the way to awaken your ikigai.

New in paperback: Millennial blogger recounts her yearlong shopping ban in a memoir that inspires readers to radically simplify their own lives and redefine what it means to have, and be, "enough." In her late twenties, Cait Flanders found herself stuck in the consumerism cycle that grips so many of us: earn more, buy more, want more, rinse, repeat. Even after she worked her way out of nearly \$30,000 of consumer debt, her old habits took hold again. When she realized that nothing she was doing or buying was making her happy--only keeping her from meeting her goals--she decided to set herself a challenge: she would not shop for an entire year. Now available for the first time in paperback, *The Year of Less* documents Cait's life for twelve months during which she bought only consumables: groceries, toiletries, gas for her car. Along the way, she challenged herself to consume less of many other things besides shopping. She decluttered her apartment and got rid of 70 percent of her belongings; learned how to fix things rather than throw them away; researched the zero waste movement; and completed a television ban. At every stage, she learned that the less she consumed, the more fulfilled she felt. The challenge became a lifeline when, in the course of the year, Cait found herself in situations that turned her life upside down. In the face of hardship, she realized why she had always turned to shopping, alcohol, and food--and what it had cost her. Unable to reach for any of her usual vices, she changed habits she'd spent years perfecting and discovered what truly mattered to her. Blending Cait's compelling story with inspiring insight and practical guidance, *The Year of Less* will leave you questioning what you're holding on to in your own life--and, quite possibly, lead you to find your own path of less.

In the spirit of her blockbuster #1 New York Times bestseller *The Happiness Project*, Gretchen Rubin embarks on a new project to make home a happier place. One Sunday afternoon, as she unloaded the dishwasher, Gretchen Rubin felt hit by a wave of homesickness. Homesick—why? She was standing right in her own kitchen. She felt homesick, she realized, with love for home itself. "Of all the elements of a happy life," she thought, "my home is the most important." In a flash, she decided to undertake a new happiness project, and this time, to focus on home. And what did she want from her home? A place that calmed her, and energized her. A place that, by making her feel safe, would free her to take risks. Also, while Rubin wanted to be happier at home, she wanted to appreciate how much happiness was there already. So, starting in September (the new January), Rubin dedicated a school year—September through May—to making her home a place of greater simplicity, comfort, and love. In *The Happiness Project*, she worked out general theories of happiness. Here she goes deeper on factors that matter for home, such as possessions, marriage, time, and parenthood. How can she control the cubicle in her pocket? How might she spotlight her family's treasured possessions? And it really was time to replace that dud toaster. Each month, Rubin tackles a different theme as she experiments with concrete, manageable resolutions—and this time, she coaxes her family to try some resolutions, as well. With her signature blend of memoir, science, philosophy, and experimentation, Rubin's passion for her subject jumps off the page, and reading just a few chapters of this book will inspire readers to find more happiness in their own lives.

Free yourself from the frantic and embrace the joy of slow... "After reading this book, you'll have an amazing list of ingredients that can help you create a meaningful life, too!" —The Minimalists Joshua Fields Millburn and Ryan Nicodemus "Finally, a slow living guide for the imperfect folks . . . Brooke McAlary's exuberant, honest words are a refreshing contribution to the slow living community. If you're seeking a simpler path, start here." —Erin Loechner, Blogger at DesignforMankind.com and author of *Chasing Slow* Are you constantly striving to keep up with life's busy expectations? It's easy to feel consumed with the desire to "succeed" and "acquire", and miss the simple opportunities waiting for you to slow down: a walk in the forest, sharing laughter with family, a personal moment of gratitude... Once upon a time, it became clear to Brooke McAlary that the key to happiness was discovering a simpler, more fulfilling existence. She put the brakes on her stressful path, and reorganized her life to live outside the status-quo, emphasizing depth, connection and meaningful experiences. Alongside Brooke's affirming personal stories of breaking down and rising up, *Slow* provides practical advice and fascinating insights into the benefits and challenges of the slow life, such as: —Decluttering to de-owning —Messiness to mindfulness —Asking why, to asking where to now? *Slow* is an inspirational guide on creating a life filled with the things that really matter, and is meant for anyone seeking peace, meaning, and joy in their otherwise

rapid lives. Slowly—of course.

What if everything you ever wanted isn't what you actually want? Twenty-something, suit-clad, and upwardly mobile, Joshua Fields Millburn thought he had everything anyone could ever want. Until he didn't anymore. Blindsided by the loss of his mother and his marriage in the same month, Millburn started questioning every aspect of the life he had built for himself. Then, he accidentally discovered a lifestyle known as minimalism...and everything started to change. That was four years ago. Since, Millburn, now 32, has embraced simplicity. In the pursuit of looking for something more substantial than compulsory consumption and the broken American Dream, he jettisoned most of his material possessions, paid off loads of crippling debt, and walked away from his six-figure career. So, when everything was gone, what was left? Not a how-to book but a why-to book, *Everything That Remains* is the touching, surprising story of what happened when one young man decided to let go of everything and begin living more deliberately. Heartrending, uplifting, and deeply personal, this engrossing memoir is peppered with insightful (and often hilarious) interruptions by Ryan Nicodemus, Millburn's best friend of twenty years.

Life is weighing us down. Each day we add more possessions, more commitments, more worries, more stress to our lives. Striving for fulfillment, our closets become overstuffed, our calendars overscheduled, and our spirits overwhelmed. Instead of feeling happy, we just feel heavy. *Lightly* offers help. Whether you want to strip down your life to a backpack or free up some space in your closet, overhaul your schedule or gain back an hour in the evening, *Lightly* helps you identify what you treasure, while letting what's unnecessary fall away. You will learn to lighten: *Your Stuff*: advice on how to declutter what's weighing you down *Your Spirit*: release the worries and emotional baggage that can be just as burdensome as possessions *Your Stress*: reclaim your time and strive not to get more done, but to have less to do *Your Step*: reduce your consumption and make the planet as beautiful and clutter-free as your home Without a strict regimen, *Lightly* puts the power back in your hands to take control of your life.

Jonathan Fields knows the risks-and potential power-of uncertainty. He gave up a six-figure income as a lawyer to make \$12 an hour as a personal trainer. Then, married with a 3-month old baby, he signed a lease to launch a yoga center in the heart of New York City. . . the day before 9/11. But he survived, and along the way he developed a fresh approach to transforming uncertainty, risk of loss, and exposure to judgment into catalysts for innovation, creation, and achievement. Properly understood and harnessed, fear and uncertainty can become fuel for creative genius rather than sources of pain, anxiety, and suffering. In business, art, and life, creating on a world-class level demands bold action and leaps of faith in the face of great uncertainty. But that uncertainty can lead to fear, anxiety, paralysis, and destruction. It can gut creativity and stifle innovation. It can keep you from taking the risks necessary to do great work and craft a deeply-rewarding life. And it can bring companies that rely on innovation grinding to a halt. That is, unless you know how to use it to your advantage. Fields draws on leading-edge technology, cognitive-science and ancient awareness-focusing techniques in a fresh, practical, non-dogmatic way. His approach enables creativity and productivity on an entirely different level and can turn the once-tortuous journey into a more enjoyable quest. Fields will reveal how to: Make changes to your workflow that unlock buried creative potential. Build "creation hives" -- supportive groups that can supercharge and humanize the process. Tap social technology and user co-creation to add clarity, certainty, and sanity, even if you're an artist or solo-creator. Develop a set of personal practices and mindset shifts that let you not just tolerate, but invite and even amplify, uncertainty as a catalyst for genius. Drawing on extensive case studies and research, Fields shares a set of detailed personal practices and environmental changes that can not only humanize the creative process, but also allow individuals and teams to stay more open to opportunity and play a bigger creative game.

We live life in the fast lane. We race to keep up with the Joneses. We are over-worked, over-connected and over-stressed, and we compete over how busy and important and sleep-deprived we are. But we don't have to. There's an ever-growing group of people opting out of a life lived at 110%. They are choosing to slow down, simplify, say no and focus on the things that are truly important. Brooke McAlary is one of them. Brooke McAlary shows readers that no matter how busy you are, you too can feel in control of your days; minimize stress; find pockets of peace on even the busiest day; empty your mind and sleep better. *Destination Simple* shows us how a few changes to the flow of daily life can create long-term, lasting change.

For anyone looking to declutter, organize, and simplify, author Erin Boyle shares practical guidance and personal insights on small-space living and conscious consumption. At once pragmatic and philosophical, *Simple Matters* is a nod to the growing consensus that living simply and purposefully is more sustainable not only for the environment, but for our own happiness and well-being, too. Boyle embraces the notion that "living small" is beneficial and accessible to us all—whether we're renting a tiny apartment or purchasing a three-story house. Filled with personal essays, projects, and helpful advice on how to be inventive and resourceful in a tight space, *Simple Matters* shows that living simply is about making do with less and ending up with more: more free time, more time with loved ones, more savings, and more things of beauty.

Gail Fraser and Art Poulin share their tenets of purposeful living shaped from experiences on a farm and private enclave in upstate New York. Art's vivid illustrations accompany Gail's suggestions for simple and happy living, which include: *Plant Seeds in the Earth*, *Know Where Your Home Is*, *Honor Friends and Family*, *Lose Yourself in a Small Town*, and more.

Courtney Carver shows us the power of simplicity to improve our health, build more meaningful relationships, and relieve stress in our professional and personal lives. We are often on a quest for more—we give in to pressure every day to work more, own more, and do more. For Carver, this constant striving had to come to a stop when she was diagnosed with Multiple Sclerosis (MS). Stress was like gasoline on the fire of symptoms, and it became clear that she needed to root out the physical and psychological clutter that were the source of her debt and discontent. In this book, she shows us how to pursue practical minimalism so we can create more with less—more space, more time, and even more love. Carver invites us to look at the big picture, discover what's most important to us, and reclaim lightness and ease by getting rid of all the excess things.

To seek, pursue, and fall in love with Jesus with radical abandon. *Single Woman* Mandy Hale shares with readers what can happen in their lives by praying this powerful prayer. She has shown women how important it is to be secure in singleness by being smart, strong, and independent. In this all new book, she will prompt readers to never settle and not miss out on the beauty that can be found in times of "waiting." *The Single Woman Says*: "Whether you're idling in stubborn sinfulness or walking in seeming never-ending singleness or living with any sort of waiting: Waiting for love, waiting for babies, waiting for marriage, waiting for a cure, or a miracle, or a sign, or for GOD . . . I hope my journey will make the wait a little easier and the uncertainty a little bit more beautiful." Starting with relationships, but going beyond into areas like career, friendships, and life, Mandy will guide readers through what you can achieve if you look beyond your current circumstances, never settle for less than what God has for you, and find beauty in the waiting.

Children add joy, purpose, and meaning to our lives. They provide optimism, hope, and love. They bring smiles, laughter, and energy into our homes. They also add clutter. As parents, balancing life and managing clutter may appear impossible—or at the very least, never-ending. But what if there was a better way to live? Clutterfree with Kids offers a new perspective and fresh approach to overcoming clutter. With helpful insights, the book serves as a valuable resource for parents. Through practical application and inspirational stories, Clutterfree with Kids invites us to change our thinking, discover new habits, and free our homes. It invites us to reevaluate our lives. And it just may inspire you to live the life you've been searching for all along. Do you want to simplify the demands on your time, energy, and resources? Do you have complicated responsibilities, overwhelming to-do lists, and endless clutter leaving you feeling overwhelmed? What if you could clear the clutter once and for all? Bestselling author and entrepreneur Emily Ley can help you make space for what matters most. In *A Simplified Life*, you'll find: Emily's realistic strategies, achievable systems, and methods for permanently clearing the clutter, organizing your priorities, and living intentionally 10 key focus areas--from your home and meal planning, to style and finances, parenting, faith life, and more Tactical tools to help you with your family, increased work demands, and daily household routines Gorgeous photography and meaningful quote callouts *A Simplified Life* is for: Mothers wanting to create a more intentional lifestyle by reducing clutter Anyone struggling with organizing schedules and keeping up with multiple to-do lists Mother's Day, National Best Friend Day, birthdays, and holiday gifts

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.

Soulful Simplicity How Living with Less Can Lead to So Much More Penguin

Learn how to achieve more by doing less! Live in that zone you've glimpsed but can't seem to hold on to—the sweet spot where you have the greatest strength, but also the greatest ease. Not long ago, Christine Carter, a happiness expert at UC Berkeley's Greater Good Science Center and a speaker, writer, and mother, found herself exasperated by the busyness of modern life: too many conflicting obligations and not enough time, energy, or patience to get everything done. She tried all the standard techniques—prioritizing, multitasking, delegating, even napping—but none really worked. Determined to create a less stressful life for herself—without giving up her hard-won career success or happiness at home—she road-tested every research-based tactic that promised to bring more ease into her life. Drawing on her vast knowledge of the latest research related to happiness, productivity, and elite performance, she followed every strategy that promised to give her more energy—or that could make her more efficient, creative, or intelligent. Her trials and errors are our reward. In *The Sweet Spot*, Carter shares the combination of practices that transformed her life from overwhelmed and exhausting to joyful, relaxed, and productive. From instituting daily micro-habits that save time to bigger picture shifts that convert stress into productive and creative energy, *The Sweet Spot* shows us how to • say "no" strategically and when to say "yes" with abandon • make decisions about routine things once to free our minds to focus on higher priorities • stop multitasking and gain efficiency • "take recess" in sync with the brain's need for rest • use technology in ways that bolster, instead of sap, energy • increase your ratio of positive to negative emotions Complete with practical "easiest thing" tips for instant relief as well as stories from Carter's own experience of putting *The Sweet Spot* into action, this timely and inspiring book will inoculate you against "The Overwhelm," letting you in on the possibilities for joy and freedom that come when you stop trying to do everything right—and start doing the right things. ONE OF GREATER GOOD'S FAVORITE BOOKS OF THE YEAR "[For fans] of a certain kind of self-improvement book—the kind, like *The Happiness Project* or *168 Hours: You Have More Time Than You Think* or *Getting Things Done*, that offers up strategies for making certain areas of life work better without requiring that you embrace a new belief system."—KJ Dell'Antonia, *The New York Times* (Motherlode blog) "A breath of fresh air . . . Based on personal experiments with living life in what she calls the 'pressure cooker,' Dr. Carter offers advice in easily digestible nuggets."—Working Mother "Carter gives actionable ways to balance your life, your health, and your career. This book is packed with smart advice and hard-earned wisdom."—Inc. "Learn more about escaping the 'busyness trap' and uncovering a happier, less stressed you."—Shape "A highly readable, diligently researched advice book that offers concrete tips on how to get off the treadmill of busyness."—Greater Good "Chock-full of concrete tips on how to sharpen your focus, improve your efficiency, and use technology to your advantage."—The Week "Illuminates the simple and sustainable path toward a precious and happy balance."—Deepak Chopra

"Simplifying your life is easier said than done. But, with a little guidance, you've got this! *Mindful Simplicity* delivers simple, mindfulness-based strategies to declutter and organize every facet of your life—at home, at work, in relationships, with money, and more."--Amazon.

Seriously . . . another book that tells you how to live a good life? Don't we have enough of those? You'd think so. Yet,

more people than ever are walking through life disconnected, disengaged, dissatisfied, mired in regret, declining health, and a near maniacal state of gut-wrenching autopilot busyness. Whatever is out there isn't getting through. We don't know who to trust. We don't know what's real and what's fantasy. We don't know how and where to begin and we don't want to wade through another minute of advice that gives us hope, then saps our time and leaves us empty. How to Live a Good Life is your antidote; a practical and provocative modern-day manual for the pursuit of a life well lived. No need for blind faith or surrender of intelligence; everything you'll discover is immediately actionable and subject to validation through your own experience. Drawn from the intersection of science, spirituality, and the author's years-long quest to learn at the feet of masters from nearly every tradition and walk of life, this book offers a simple yet powerful model, the "Good Life Buckets" —spend 30 days filling your buckets and reclaiming your life. Each day will bring a new, practical yet powerful idea, along with a specific exploration designed to rekindle deep, loving, and compassionate relationships; cultivate vitality, radiance, and graceful ease; and leave you feeling lit up by the way you contribute to the world, like you're doing the work you were put on the planet to do. How to Live a Good Life is not just a book to be read; it's a path to possibility, to be walked, then lived.

Forget the aesthetics of mainstream minimalism and discover a life of authenticity and intention with this practical guide to living with less...your way. When Christine Platt set out on her journey to live with less, she never intended to become The Afrominimalist. She just wanted to tame the chaos in her closet! But after struggling with the austerity and whiteness of mainstream minimalism, Christine realized why minimalism often seems unattainable for so many: the emphasis on all-white, barren aesthetics distracts from the practice of living with intention. And so, she decided to do things her way by curating a life of less influenced by the African diaspora. In The Afrominimalist's Guide to Living With Less, Christine gets right to the heart of how childhood experiences and expectations manifest in adulthood, the delicate dance between needs and wants, and the complicated weight of familial and societal pressures. A far cry from Konmaried closets, capsule wardrobes, and conspicuous consumption, Christine's brand of "living with less" is more than a decluttering regimen. Inspired by her personal journey, Christine presents a radical revisioning of minimalism, one that celebrates the importance of history and heritage, and gives you permission to make space for what really matters...your way. Beautifully illustrated with original black-and-white prints and line drawings, The Afrominimalist's Guide to Living With Less is a testament to the idea that anyone can be a minimalist and a warm invitation to a life curated with intention, perfect for readers of Joshua Fields Millburn and Ryan Nicodemus (The Minimalists), Marie Kondo, Joshua Becker, and Courtney Carver.

"Reading this will lead you to a better life." —Dean Nelson, author of God Hides in Plain Sight In The 100 Thing Challenge Dave Bruno relates how he remade his life and regained his soul by getting rid of almost everything. But The 100 Thing Challenge is more than just the story of how one man started a movement to unhook himself from consumerism by winnowing his life's possessions down to 100 things in one year. It's also an inspiring, invigorating guide to how we all can begin to live simpler, more meaningful lives.

This beautiful, inspiring book features 100 accessible activities that help you reconnect with your body, mind, spirit, and surroundings, and leave you feeling refreshed and ready to face the world again. Self-care is an essential part of wellness. From self-massage to meditations to decluttering, The Little Book of Self-Care provides relaxation exercises to help you focus on your own personal needs in an enjoyable way. By caring for yourself, you'll learn how to care for the world around you.

Statistics don't lie. Moms today are more fatigued, burned out, and overwhelmed than ever. Smartphones constantly ping and alert and demand our attention. And social media can eat up hours of our days with mindless scrolling and tapping while leaving many feeling empty and lonely. Add to that family commitments, work that is accessible around the clock, and overscheduling, and you have a life that can feel unmanageable and frantic . . . even running on empty. Bestselling author and founder of Simplified®, Emily Ley shares how to live a life of more in a world that often overwhelms to the point of burnout in When Less Becomes More. Emily empathizes with mothers in the throes of exhaustion and provides tools for nourishing their spirits and achieving a life where less becomes more. In this book, Emily Ley, author of the bestselling Grace, Not Perfection and A Simplified Life, takes readers on a journey out of that empty place and shows them how to fill their wells with the nourishment that only true connection can provide. She also presents some radical concepts that push against the tethers of modern life, with the promise that more of the good stuff comes when we say yes to less of what keeps us empty: Less Rush, More Rhythm Less Liking, More Loving Less Noise, More Calm Less Distraction, More Connection Less Frenzy, More Soul Rest Less Fake, More Real Less Fear, More Community Less Great, More Good Less Chasing, More Cherishing Less Stuff, More Treasures Getting to more might require some outside-the-box changes, some unraveling of the patterns readers have adopted, and some reworking of the day to day. Readers can build a life based on their core values instead of slipping into a life dictated by society or what's "normal." Because we weren't made for normal. We were made for more--for a life of fullness, dreaming, and lasting joy.

What is silence? Where can it be found? Why is it now more important than ever? In 1993, Norwegian explorer Erling Kagge spent fifty days walking solo across Antarctica, becoming the first person to reach the South Pole alone, accompanied only by a radio whose batteries he had removed before setting out. In this book, an astonishing and transformative meditation, Kagge explores the silence around us, the silence within us, and the silence we must create. By recounting his own experiences and discussing the observations of poets, artists, and explorers, Kagge shows us why silence is essential to sanity and happiness—and how it can open doors to wonder and gratitude. (With full-color photographs throughout.)

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