



Minimalism: Minimalist Living for Beginners - Frugal Living - Simplify your Life (Minimalism Lifestyle - Minimalism Made Easy - Minimalist budget Book 1)

Clara Taylor

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When did things get so complicated? Why should you be a minimalist? Improve your life today with Minimalism!

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When did things get so complicated?

More internet, more cars, more clothes, more drugs, more dinners, more alcohol, more television, more news, more negativity, more social media. This is what we're up against as a society. More of everything. Let's call it "The More Virus".

Minimalism is not some extremist behaviour about owning nothing but two black T-Shirts and sitting in a room with nothing but white space. Minimalism is the process of doing what you deem is important in your life, and eliminating the rest. That's it. It can be applied to pretty much any area of your life. Right now, The "More" Virus might be running through your life.

You are stressed out of our brains because you are overcommitted and busy chasing shiny objects. What impact does The More Virus have on us? According to multi-year a poll conducted by U.S.A Today, "Not enough free time together" is the top source of stress in marriage, above finances and sex.

This book was designed for beginners who want to learn more about Minimalism and change their lifestyle for the better.

After downloading this book you will learn...

Much, much more!

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LESS IS MORE. LEARN TODAY ABOUT MINIMALISM AND IMPROVE YOUR LIFE!

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