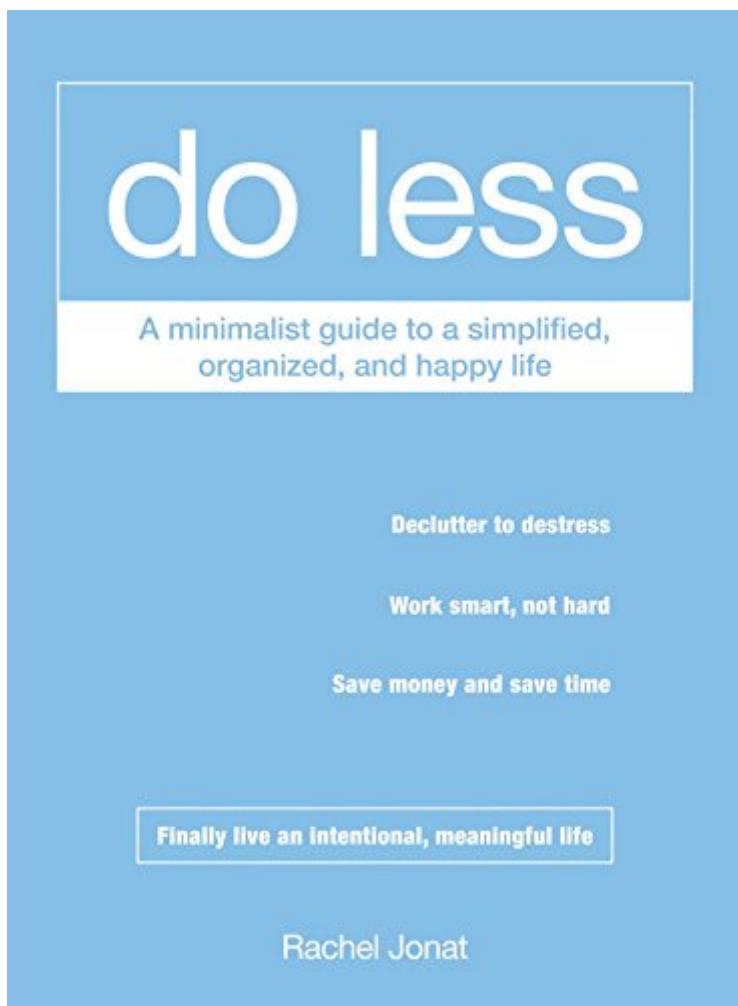


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# Do Less: A Minimalist Guide To A Simplified, Organized, And Happy Life



## **Synopsis**

Stress less while living more! An inviting living space. Time spent with loved ones. Peace of mind. With Do Less, a happier, more serene life is just moments away. From your home to your finances, this straightforward guide teaches you how to scale back your possessions and commitments to just what you really need. With hundreds of ways to minimize your life, you'll quickly uncover the joys and rewards of paring down. A must-have for any shelf, Do Less helps you rediscover the simple moments that have been buried beneath the piles of to-dos, to-knows, and to-buys.

## **Book Information**

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## **Customer Reviews**

I have read lots of books on minimalism, uncluttering and downsizing! I think this is one of THE best!! There is just so much good stuff in this book!! It may be a short read, but it's packed with simplicity & great ideas. My personal favorite part is the Simple Kitchen. At 64 I am starting over and I am not used to cooking for myself. This book broke it down simply & perfectly for me.

I'm very happy I bought this book!!! I was pleasantly surprised as I had expected to read some of the usual repetitive things as usually seen in most minimalist books; but in the contrary, it brings new ideas and ways to achieve them. I can go back to it many times as a point of reference for different needs. The book Do Less, delivers a great and unique format to guide you through your minimalist endeavors. I like the fact that its not only aimed at one type of lifestyle; whether you are a single person looking to streamline your life, or a parent who's looking to make some changes, it resonates at any point you are in your life.

My 12 year old daughter loved it! She originally wanted this book from American Outfitters but I knew that we could find it for less on here.

An excellent quick read. Well organized, simple, easy to implement without it seeming overwhelming. I didn't follow all of her recommendations to the letter, but even she talks about doing on what will make you less stressed and free up your time. For example there is a section on de-cluttering your kitchen tools and she recommends listing out your six regular dinner meals and only keeping the utensils and tools needed for those dishes. That to me was more stressful than having extra tools, because I like to experiment and try new dishes fairly often! So I kept them! No big deal. On to the next section. Overall very helpful and inspiring

Instead of giving advice on how to part away with the unnecessary material things in our lives, this book gives advice on spending less, stressing less, and doing less in all aspects of life--work, relationships, hobbies, and money--and advises to focus on what we value the most and to make the most out of it. I like that it doesn't just say what you need to do, but rather gives a step by step approach in finding what is most valuable in your life and looking at ways in which you can remove the things that hinder you from enjoying what is valuable to you. Great read. I can see myself going back to this book over and over again.

Making sense of today's world of constant stimuli has become a much needed topic of conversation. We are faced with challenges from all corners of the world vying to take up precious space in our lives and psyche's and permanently park themselves there. Making sense of all this and what is of true value to ourselves takes awareness and mindful choices. It's time to clean out the clutter that pervades our lives and reclaim our freedom of choice.

What I love about this book is how concise and impactful the tips/advice are. From smaller changes to more grand, anybody and everybody can find something from this book that they can utilize to declutter their life with "purposeless things" and live a more intentional and meaningful life with the "things" that they choose to have and own. Highly recommend. It's a short and pleasant read and have already influenced a few friends and co-workers to get into it.

It was a nice read and has some inspiring topics about minimalism. I'll pick it up around the Holidays to remind myself of what I might want versus what I need.

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