



**Minimalism: How to Become a Minimalist and
Declutter Your Life - Practical Guide for a
Minimalist Lifestyle (FREE BONUS INSIDE)
(Declutter Your Mind, Zen Buddhism, Minimalist
Living, Simple Life)**

Jane Peters

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LIMITED TIME BONUS INCLUDED: FREE Ebook and ecourse on Mindful Meditation.

Follow a Practical Guide, Become a Minimalist and Declutter Your Life

A lot of people wonder how happiness and material things go together. Studies have shown time and time again, that having a lot of personal possessions, doesn't actually mean having more happiness. In fact, studies show that as soon as you have enough money to not worry about basic human needs: food, water, shelter, protection, etc, your happiness doesn't actually go up as you get more money.

Now let's talk about what YOU get out of reading and following the steps in this book. The first, and probably most popular, is the fact that you're going to save money! You're going to spend less money on things that you don't need. Because you're going to have more free money at the end of every month, you're going to be able to use it for things that actually matter to you. Maybe you want to take your girlfriend or boyfriend on that lovely trip you've always talked about, or you want to start a rainy day fund for your family. Maybe you have more money for retirement every month, or starting that hobby you've always wanted to. The fact is, when you do this, you'll have more money.

Next, not only will your house or apartment be easier to clean, it will also be easier to find things! I'm willing to bet that the majority of you out there are not fans of cleaning your house or apartment. Most people just view it as a chore. But with less clutter, and less material possessions, you'll have a much quicker time cleaning, and you'll be taking care of the things that really matter to you! And because things will be a lot less cluttered, you can also find the things you are looking for much easier. Let's say that on average, you spend five minutes looking for things that you either misplaced, or can't find. What if you were able to get rid of that all together? Sounds hard to do? Take my hand and let me guide you..

In This Book You'll Learn

- How to Make the Lifestyle Change
- How to Declutter your Home
- Why Minimalism is Rewarding

- What to Invest Money In
- Much, much more!

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Tags: Minimalism, Zen, Buddhism, Live Simply, Joy of Less

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