



The Joy of Less, A Minimalist Living Guide: How to Declutter, Organize, and Simplify Your Life

By Francine Jay

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The Joy of Less, A Minimalist Living Guide: How to Declutter, Organize, and Simplify Your Life By Francine Jay

Having less stuff is the key to happiness.

Do you ever feel overwhelmed, instead of overjoyed, by all your possessions? Do you secretly wish a gale force wind would blow the clutter from your home? If so, it's time to simplify your life!

The Joy of Less is a fun, lighthearted guide to minimalist living. Part One provides an inspirational pep talk on the joys and rewards of paring down. Part Two presents the STREAMLINE method: ten easy steps to rid your house of clutter. Part Three goes room by room, outlining specific ways to tackle each one. Part Four helps you trim your to-do list and free up your time, and explains how saving space in your closets can save the planet.

Ready to sweep away the clutter? Just open this book, and you'll be on your way to a simpler, more streamlined, and more serene life.

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Editorial Review

Review

"An inspiring read for anyone wanting to downsize, finally park the car in the garage, or just clear out a few closets." - Rachel Jonat, TheMinimalistMom.com

"Stuff and stress go hand in hand, and The Joy of Less demonstrates how letting go will make room for a happier life." - Courtney Carver, founder of bemorewithless.com

"I loved the many words of wisdom in this book. The Joy of Less puts power back into the hands of all who feel like objects have overtaken their home or life." - Holly Becker, author and founder of decor8blog.com

"An invaluable tool for the veteran and budding minimalist alike." - David Friedlander, contributor, LifeEdited.com

About the Author

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From reader reviews:

Emma Englund:

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Tony Valdez:

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