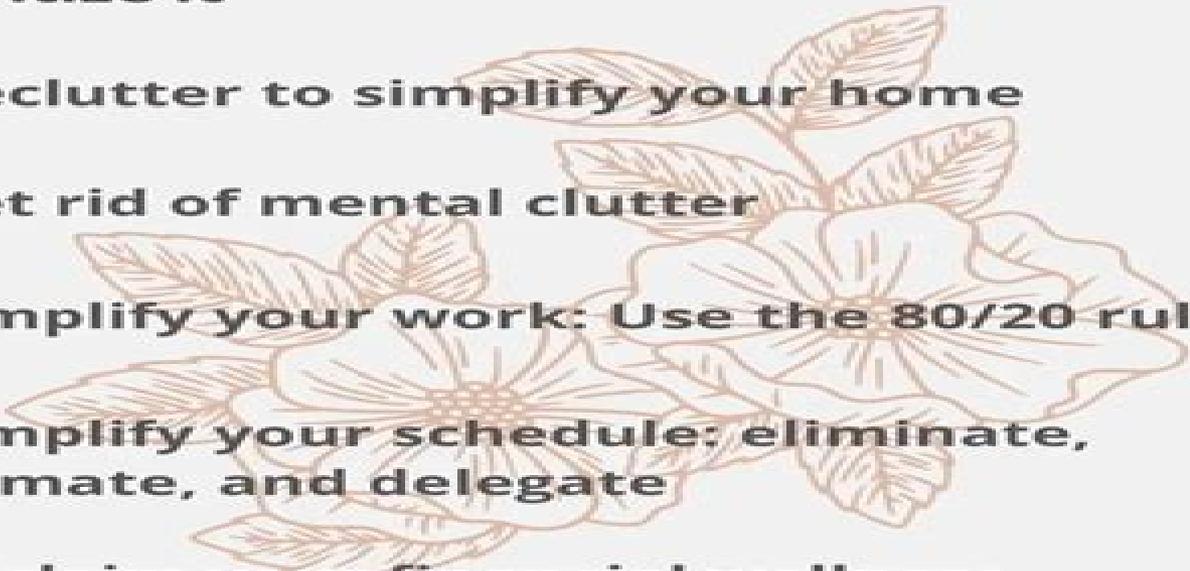


7 SIMPLE LIVING TIPS

For a Minimalist Lifestyle



1. Know what makes you happy and prioritize it
2. Declutter to simplify your home
3. Get rid of mental clutter
4. Simplify your work: Use the 80/20 rule
5. Simplify your schedule: eliminate, automate, and delegate
6. Reclaim your financial wellness
7. Rely on habits and go progressively



Minimalist Living Tips

JG Myers



Minimalist Living Tips:

Minimalist Living Bert Garza, 2015-05-08 Minimalist Living FREE Bonus Included 15 Amazing Tips for Absolute Beginners on How to Become a Minimalist Increasingly popular is the minimalist lifestyle But many people don't know what it actually is why you would choose it and how to go about it in the first place Often when you mention the word minimalist people instantly think of the old hippies living off the land and sleeping in shacks with no possessions but this is definitely not the case at all Do you live in a house full of things Material possessions take up so much space and the majority of the time they are just useless objects that nobody ever uses or needs Can you move around the house without tripping over anything or knocking things over If not then you need to de clutter your environment and soon you will end up with an uncluttered mind Included in this book are 15 tips to help the absolute beginner adopt the minimalist lifestyle as well as a few extra tips to help you along the way Removing clutter can be a daunting task but with these tips you will find it easy Some of these include How to sort a wardrobe Cleaning out closets and drawers To shop or not to shop Financial benefits Organizing the home office Recycling Kitchen appliances and gadgets Maybe boxes Newspapers magazines and junk mail Getting Your FREE Bonus Read this book to the end and see BONUS Your FREE Gift chapter after the introduction and conclusion

Frugal Living The Guide To Minimalism Speedy Publishing, 2014-07-23 There are many benefits to frugal living and minimalism The first is that it helps to keep people from getting deep into debt Many consumers make the mistake of living well beyond their means When a person takes on a large debt burden they are not financially independent This can hurt one's chances of maintaining a good credit score Minimalism helps to ensure that people have the essentials that they need and that no matter what happens people will be provided for

Minimalist Living Angela Pierce, 2013-09-17 Minimalist living is also known as simple living and minimalists are known to strive to live in minimum at all times in all aspects of their lives For instance when it comes to personal belongings and possessions minimalist living means that you do not buy too much of these things While it doesn't necessarily mean being thrifty and not buying expensive things minimalist living is a great way to save money since fewer possessions means fewer spending

The Minimalist Guide to Financial Freedom C. Cushman, 2024-08-03 Unlock the path to financial freedom with The Minimalist Guide to Financial Freedom Simplify Save Succeed This comprehensive guide is designed for beginners and intermediates alike offering practical advice real life examples and actionable steps to help you achieve financial independence Whether you are just starting your financial journey or looking to refine your strategy this book provides the tools and insights you need to simplify your finances save effectively and succeed in your financial goals Key Features Mindful Consumption Learn how to be intentional about what you buy and consume focusing on what truly matters and reducing unnecessary expenses Sustainable Living Discover the benefits of sustainable and eco friendly choices that not only help the planet but also your wallet Frugal Living Tips Get practical tips for living a frugal yet fulfilling life making the most of your resources without compromising on quality Health

and Wellness Understand the importance of maintaining a healthy lifestyle for financial freedom and how good health can reduce long term expenses Creating a Budget Master different budgeting methods learn how to track expenses and adjust your budget to stay on track with your financial goals Debt Reduction Strategies Explore various debt reduction strategies including the snowball and avalanche methods to eliminate debt efficiently and avoid future debt traps Saving and Investing Discover the importance of having an emergency fund different types of investments and effective investment strategies for long term wealth building Increasing Your Income Learn about side hustles career advancement tips passive income ideas and ways to monetize your hobbies Financial Planning for the Future Plan for a secure retirement understand necessary insurance types and coverage and grasp the basics of estate planning Maintaining Financial Freedom Stay motivated continuously improve your financial education regularly review and adjust your financial plans and share your knowledge with others Why This Book The Minimalist Guide to Financial Freedom is not just a financial guide it s a comprehensive roadmap to achieving and maintaining financial independence The book is filled with Real Life Examples Learn from inspiring success stories of individuals who achieved financial freedom through minimalism Actionable Steps Get practical advice and steps that you can implement immediately to start your journey towards financial freedom Comprehensive Coverage From budgeting and debt reduction to investing and planning for the future this book covers all aspects of personal finance For All Levels Whether you are a beginner looking to understand the basics or an intermediate seeking to refine your strategies this book provides valuable insights for everyone Expert Tips Benefit from expert advice and proven strategies to simplify your financial life and achieve your goals Additional Resources At the end of the book you ll find a curated list of additional resources and recommendations for further reading including top websites and best selling books on financial planning and maintaining financial freedom These resources will help you continue your financial education and stay motivated on your journey

Becoming a Minimalist Kimberly Wilson, 2012-03-07 Discover that having LESS is MORE Get more freedom more time save money and more by eliminating the excess in your life and focusing on the essentials Would you like to go to sleep at night knowing that your day was spent as you truly wanted to spend it Would you like to feel sure that you didn t waste time and energy on meaningless activity Are you tired of listening to the thundering voice of consumerism instead of the quiet voice within you *Becoming a Minimalist Living a Great Life with Less Through Minimalism* will show you in a very concise manner how to find what s important in your life and rid yourself of what isn t so you can focus on what is truly important Minimalism is a flexible life philosophy that you can use to help create a more meaningful life Use the principles in this book to learn about minimalism what it is how to live by its guidelines how it can help you live with focus on what you truly value and how you can integrate all of these principles into your life Get off the hamster wheel of buying consuming working harder and only falling farther behind Start focusing on the things in life that are the most important to you Make an investment in yourself by picking up *Becoming a Minimalist Living a Great Life with Less Through*

Minimalism today **The Minimalist Lifestyle** Sergio Rijo,2023-09-22 Are you tired of feeling overwhelmed and stressed out by the constant demands of modern life Do you find yourself surrounded by clutter and possessions that no longer bring you joy or value If so then The Minimalist Lifestyle Achieve More with Less is the book for you In this complete guide to minimalism simple living and decluttering you will learn how to embrace a minimalist mindset and transform your life From practical tips for decluttering your home and simplifying your possessions to strategies for simplifying your schedule and reducing your stress levels this book offers a comprehensive approach to living with less and achieving more Through the pages of this book you will discover the benefits of minimalism including reduced stress and anxiety improved focus and productivity and increased creativity and fulfillment You will learn how to identify and let go of the excess in your life and how to align your actions with your values and priorities But minimalism isn't just about decluttering your physical possessions it's also about decluttering your mind and embracing a simpler more intentional way of living This book will help you cultivate a more mindful and present approach to life so you can live more fully and authentically Whether you're looking to simplify your home your schedule or your mindset The Minimalist Lifestyle Achieve More with Less offers practical guidance inspiring stories and actionable advice to help you create a more minimalist intentional and fulfilling life

Minimalist Living - 33 Tips to Easily Declutter Your Home, Save Time and Money and Live a Meaningful Life Vik Carter,2017-08-05 Do You Want To Live A SIMPLER EASIER LIFE Would You Like More FREEDOM TO TRAVEL Interested In Spending Your Time Money More Meaningfully Rather Than Getting More STUFF Then this is the book for you People from all over the world are living more freely by simplifying their lives and adopting minimalism I have gone through the same shift in lifestyle and written about my journey in this book In this book I tell you about why I had to become a minimalist when I lost my job I learned a great deal in the process from decluttering the stuff in my home to saving time and money wherever I could As a result I became really good at enjoying more with less This experience also made me understand the importance of spending time and money on experiences and people close to my heart rather than getting more stuff to compete with the neighbors So I have filled this book with step by step information practical tips and useful suggestions to help you in your journey into living more meaningfully This book 33 Tips To Easily Declutter Your Home Save Time And Money Live A Meaningful Life will show you how to Declutter your life including your Home Save time and money Live more meaningfully by living a minimalist lifestyle When You Read This Book You Will Learn How To Save Money Consistently By Using My Tested Strategies In Chapter 11 Get Started With Minimalist Living The Right Way By Following The Steps In Chapter 3 Find More Time By Decluttering Your Schedule As Outlined In Chapter 8 Become More Digitally Organized By Using Digital Declutter Techniques In Chapter 9 Reduce The Clutter In Your Home As Detailed In Section 2 Get Rid Of Stress By Decluttering Your Mind By Following The Tips In Chapter 10 WHAT YOU WILL LEARN WHEN YOU READ 33 TIPS TO EASILY DECLUTTER YOUR HOME 10 Easy Money Saving Tips To Get You The Best Bargains 4 Major

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Beginner's! Discover This Guide About How To Effectively Use Minimalism Old Natural Ways,2021-08-30 Are you interested in minimalism If so read on The good news is that it has been a minimalist since almost a decade now and v has learned A LOT while doing it Here are a few of our favorite resources and tips to get you started with minimalism quickly Let s get cracking Minimalism is a very powerful tool It can free up so much time that you might never have even thought about before However it isn t so easy as just letting go of all the stuff in your house Getting rid of the clutter in your house is a gradual process So it s important to pick the right approach for the first time and continue with minimalism the next time too So what should you do the first time you decide to give it a shot First get started by decluttering everything in sight that you think needs to go Get rid of any items that are junk that simply takes up space Now clear the clutter up inside of your home too Then take everything out How do you do this exactly Well the first step towards getting rid of the clutter in your life is to determine whether or not you want to live a minimalist lifestyle or if you would prefer to live with some clutter Once you make that decision you can easily move towards a minimalistic lifestyle by decluttering your home and office and getting rid of anything that doesn t need to be there You ll have a better idea of what minimalist living is really like once you re clear about what you want from decluttering *True Minimalism* Carey Harris,2015-04-23 It s been called the lifestyle of the Millenials Minimalism Less is more That s the idea behind this simplified lifestyle which is often affiliated with small living spaces but goes way beyond downsizing and a minimalistic home free of clutter Everything you own serves a purpose Carey Harris defines minimalism in the modern society talks about the advantages of minimalist living as well as the disadvantages and challenges of simple living thus re introducing a concept of quality over quantity In his book you will not only learn how to successfully declutter your home You will learn how to budget for minimalist life You will get organizing tips and ideas that will work even in small living spaces and tiny houses and guidelines how to develop a minimalist wardrobe You will even find minimalist home decorating ideas and minimalist lifestyle tips Say good bye to the long prevalent but wasteful concept of keeping up with the Joneses and let Carey guide you on the path of a minimalistic way of living which eventually leads to a less stressful and healthier life [Minimalist Living: How to Live Beautifully Without Spending Much](#) Dagny

Milton,2017-01-23 The main objective of this book is to help you develop better buying habits throughout your life Reading this book will help you become more knowledgeable in terms of being a minimalist You will also improve yourself and your well being Being a minimalist or living a minimalist lifestyle is a very effective way to save money The topics in this book were fully researched proven and tested by counselors trainers and other experts Our possessions consume our money and our time Thus it is becoming harder to obtain financial freedom If we become minimalists however we will learn to buy and own high quality products Being minimalist can make you happier as well It has been proven in studies that minimalist have less stress The minimalism approach will help you establish greater self esteem as having poor self esteem is linked to being materialistic The study between materialism and stress is true and tested Materialistic people are more likely engage in compulsive buying they are also said to more likely suffer PTSD post traumatic stress disorder This book will serve as a guide for readers who want to cultivate a better lifestyle as soon as possible The topics written in this book were based on observation expert research and first hand experiences You will learn a lot from reading this guide Becoming a minimalist is difficult to do that s why this book uses easy to follow steps that you can easily undertake All you need to do is apply them in your everyday life You must be diligent and specific with your goals as well Try your best and give it your all There is no better method or solution for changing an unhealthy lifestyle Therefore this self help book was created to form a strategic scientifically researched formulation to minimalist buying Here Is A Preview Of What You ll Learn Minimalism A Guide to Simple Living How Do You Get Started with the Minimalism Lifestyle and Prepare for Your Lifestyle Change Organize Your Schedule Home and Work Place Computer Programs Sells and More How to Sort of Out Finances as a Minimalist What is the Importance of a Budget for a Minimalist How to Shop as a Minimalist 29 Original Tips to Start Right Now Would You Like To Know More Scroll to the top of the page and select the Buy now with 1 Click button **Minimalist Living Guide**

Christopher Todd,2017-01-30 What is Minimalist Living In this world of unavoidable technology advertising and capitalism it s easy to get wrapped up in the fast paced and ever changing complexities of modern day life Although there is nothing wrong with taking part in obtaining physical possessions many people are beginning to move away from materialism and adjusting their lifestyle to a more minimalist state Here Is A Preview Of What You ll Learn Starting Your Minimalist Journey Making Your Budget Health Food Clothes Home Relationships Taking Action Don t wait another minute to start enjoying a minimalist living Get your copy of Minimalist Living Guide right away c 2016 All Rights Reserved **Minimalist Living**

Mary Connor,2019-01-27 The Ultimate Minimalist Living Guide To Being a Minimalist Has life been feeling cluttered lately Does everything seem overwhelming and too much to handle Sometimes looking at the things around you and the way you live your life could be the key to finding the root cause of your problems Living minimally is becoming quickly popular amongst those that wish to live a simpler life Maybe you are feeling stuck wishing you had more stuff more cars more money By living minimally you are able to adjust your mindset and focus more on what is important Living minimally is not just

about looking at what is around you but looking at what is inside of you For some minimalism might be a radical idea Others might find that this is the solution they ve been eagerly waiting for No matter how you might initially feel about minimalism reading this book will provide answers on how to better live your life In the average American home there might be an average of 300 000 items In a regular day there is no way that the average American would use even a quarter of these things So what is the point in letting those items control your life Grab your copy today and discover How To Start Living A More Minimal Lifestyle Essential Rules For Living With Less Learn To Focus On The Important Things Simple Habits of Minimalist Living You Can Adopt Today Important Ways Minimalism Can Help Create Stronger Relationships 50 Tips To Help You Say Goodbye To Your Things Save Money And More Importantly Time And much more You might have heard of the concept of minimalism before but there are many misconceptions about what is actually involved The basic idea behind minimalism is the stripping down of the essential aspects of one s life in order to put more emphasis on what is important and less weight on the materialist things in life Minimalism does not have to be a strict practice and you can start simply by applying methods that will work and passing over the parts that do not It is time for you to take back control over your life and no longer let the stuff around you define what you are going to feel Living minimally will introduce you to the life you have always dreamed of but in a way you have never seen before So if you are ready to change your life in a way that will actually stick buy this book today

Minimalism Isabella Lee,2015-07-28 Minimalism FREE Bonus Included Tips to Uncomplicate and Unstress Your Life With Simple Living People are discovering the joy of a simpler freer life Adopters of a minimalist lifestyle are discovering how free they are to pursue their passions unbound by the clutter of unhealthy jobs relationships and too many things That is the beauty of the minimalist experience In *Minimalism Tips to Uncomplicate and Unstress Your Life With Simple Living* you will learn about what makes life stressful and how to move away from excessive clutter dangerous distractions cultural deceptions and pressures Instead you ll pursue a simpler life The book explores how people deal with Preconceived notions We come into every experience with expectations Those expectations color how we approach the moment Overcoming those notions allows us to enjoy simpler life Other s expectations Just like we have expectations of people or things other people have certain expectations for us How we think they see us will stress us Misguided education parents peers and popular culture present us with a vision of how things are supposed to be But people rarely find fulfilment in following the path others lay out for them Excessive distraction Turn off your phone and kill your television You re distracting your days away and failing to embrace all the facets of life

Minimalism 101 Kevin Garnett,2018-11-03 New Updated 2nd Edition With Extra Bonus Get Rid of Your Stuff and Feel Free Do you often feel overwhelmed Lacking clarity because of all the clutter The truth is you are not alone We all struggle with organizing our life I have good news though you don t have to be a powerless victim of clutter any longer With *Minimalism 101* you ll get a step by step system to take back control of your life Get Your Copy of *Minimalism 101* The goal of this book is simple Simplifying

your life is the key to long lasting happiness That s why I will teach you practical tips and tricks to i organize your home and life and ii experience more joy with the things you keep Minimalism is not about living an ascetic life Instead it s about removing stuff so you can create more space for the things you deeply care about Why You Should Check Out Minimalism 101 This book is divided in 3 parts Part I Why Minimalism In this first part you will learn what minimalism is and why we accumulate so much stuff and clutter Part II How to Become a Minimalist We ll get practical We ll talk about how you can adopt a minimalist lifestyle And you ll learn tips tricks and practical tools to declutter your home and prevent it from clogging up again Part III How to Stay a Minimalist Minimalist living isn t something you do just for a day In this last part you will learn how to become a minimalist and stay one Here is what you will learn What is Minimalism Why do we accumulate so much stuff The benefits of becoming a minimalist Where to begin with the minimalist lifestyle First steps for a Beginner minimalist How to embrace minimalism in your daily life How to make minimalism a habit And much more What s most important I will take you by the hand and teach you everything you need to know about the minimalist lifestyle Finally as a FREE EXCLUSIVE BONUS you ll also get the chapter What is Stoicism from my other popular book Stoicism For Beginners The bottom line If you apply what you will learn in Minimalism 101 your life will never be the same So buckle up and get ready for the ride Let s get started shall we PAPERBACK EDITION Kindle edition for FREE with purchase of paperback Take action now Scroll to the top of this page and click the Buy Now button

Minimalism Kathryn Young,2021-01-10 I would like to welcome you to the great world of minimalism and minimalist living It is my hope that this book will at the very least offer you a fresh lens with which to examine your own life habits and perhaps make a few positive changes You will discover What minimalism and a minimalist life are all about The benefits gained from being minimalist Tips for creating a minimalist home 5 things you must know about minimalist lifestyle 11 minimalist lifestyle tips Minimalist health and exercise basics Ways to use minimalism to save you money Practical tips on becoming minimalist Tips to succeed with decluttering I have made all the wrong decisions in the past with all aspects in my life I had to step back and just stop Then i went into research mode and great detail on how i needed to get back on track

Minimalist Living Nicholas Morris,2017-08-18 Are You Searching For A More Fulfilling Life Are you struggling to find meaning in your everyday life Are you stressed by the clutter of your living space and feel like your mind is cluttered as a result If so Minimalist Living by Nicholas Morris is THE book for you It covers all you need to know about how to start living a minimalist lifestyle Minimalist living is all about being content and satisfied with what you have rather than pursuing desperately after what you want According to a statistic reported in the LA Times each American family has on average 300 000 items in their home Many of these items we forget about underneath piles of other objects The Wall Street Journal reports that Americans spend 1 2 trillion a year on non essential items This causes a great deal of clutter in our homes and in our minds as we lose almost 200 000 items in our lifetimes on average How can we start to control this growing problem and keep our minds homes and lives free of clutter Minimalist

living is the answer that will bring meaning back into a life that has been based on material accumulation What Separates This Book From The Rest Most other books are theoretical in nature and teach you the history and theory behind minimalist living This book teaches you those things along with everyday applications and questions to help you put what you learn into action You will learn truly useful tips in no time on how to minimize your home your clutter and your life to find deeper meaning in relationships and experiences rather than the superficial meaning that comes from material wealth This book will help you hold your money and your possession loosely so that you can take joy in the more profound aspects of life You Will Learn The Following History Of Minimalism Reasons For Living A Minimalist Lifestyle How To Declutter Your Home How To Minimize Your Home Why You Should Live Frugally The Reasons Why We Overspend How And Why To Single Task Instead Of Multi Tasking The Changes That Minimalist Living Will Bring To Your Mindset And much more So don't delay it any longer Take this opportunity and invest in this guide now You will be amazed by how your life can change for the better in just this short read Your fight for meaning in your life is just beginning A sense of value apart from material things awaits you

Minimalism: The Ultimate Guide to the Minimalist Lifestyle (Tips and Ideas on How to Live a Stress-free Life With Minimalism) Lottie Walker, 2022-01-25 Discover how the mindset and philosophy of minimalism can take back your time life energy and well being A mindset tested over thousands of years with powerful results In this book you will be given step by step methods and hacks to freedom from consumerism clutter stress and simple living You will learn practical strategies to help you achieve a higher level of freedom and time wealth than ever before You will learn about Why we clutter our lives How to maximize minimalism in your relationships How to use minimalism in your finances Why minimalism is so important in time management tasks and project productivity How to use minimalism in communications How to apply minimalism in travel Introducing minimalism in food and exercise And much more In mastering minimalism you will learn to think like a true minimalist You will declutter your stuff sure but you will also change the attitude you use to approach your life You will use your change in attitude to improve not only your home but also your mental health your financial situation your relationships and more [True Minimalism](#) Carey Harris, 2015-05-12 It's been called the lifestyle of the Millennials Minimalism Less is more That's the idea behind this simplified lifestyle which is often affiliated with small living spaces but goes way beyond downsizing and a minimalistic home free of clutter Everything you own serves a purpose Carey Harris defines minimalism in the modern society talks about the advantages of minimalist living as well as the disadvantages and challenges of simple living thus re-introducing a concept of quality over quantity In his book you will not only learn how to successfully declutter your home You will learn how to budget for minimalist life You will get organizing tips and ideas that will work even in small living spaces and tiny houses and guidelines how to develop a minimalist wardrobe You will even find minimalist home decorating ideas and minimalist lifestyle tips Say good bye to the long prevalent but wasteful concept of keeping up with the Joneses and let Carey guide you on the path of a minimalistic way of living which eventually leads to a

less stressful and healthier life *A Minimalism Guide for Beginners* William Richards,2021-01-20 How do I start a living minimalist lifestyle Is being a minimalist good Are minimalists happier ADOPT A MINIMAL LIFESTYLE TO CHANGE YOUR LIFE NOW In this book A MINIMALISM GUIDE FOR BEGINNERS Life as a Minimalist by William Richards you ll find all the answers Minimalist Living Is Minimalism Just A Fad Or Can It Really Help You Solve All Your Financial Problems Minimalism is all about living with less This includes less financial burdens such as debt and unnecessary expenses Becoming a minimalist can help you Be free from financial worry Get rid of clutter that doesn t add value to your life Spend more on experiences rather than stuff Be happier and less stressed Go green Develop better relationships And so much more The beauty of being a beginner minimalist is that you can be curious and daring You can ask for help get back up if you fall and look forward to new adventures in a life with less stuff drama debt and obligation If you are a beginner or somewhere in your journey to simplify your life and become a minimalist enjoy this book written by William Richards In the book you ll learn all about THINGS NEEDED TO BEGIN MINIMALISM HOW TO SIMPLIFY YOUR LIFE HOW TO DECLUTTER YOUR HOME HOW TO DECLUTTER YOUR RELATIONSHIPS HOW TO GET RID OF ALL THE EXTRA CLOTHES HOW TO CREATE A MINIMALISTIC HOME THE ADVANTAGES OF LIVING IN A MINIMALISTIC HOME MINIMALIST KITCHEN HOW TO START A MINIMALIST DIET HOW TO SHOP LIKE A MINIMALIST HOW MINIMALISTS TRAVEL HOW FEWER TOYS WILL BENEFIT YOUR KIDS HOW TO DECLUTTER YOUR PC HOW TO DECLUTTER YOUR PHONE TIPS ON HOW TO SPEND LESS TIME ONLINE And so much more Create a simple intentional life and discover the happiness that you deserve Discover the benefits of living with less If you re feeling overwhelmed with the idea of doing more of the things that matter most to you your calendar is overscheduled or your physical space is filled with items that don t serve you and your family minimalism will help you make more space in your life Space to take bigger risks try something new or simply spend more time with the people you care about Over time minimalism can potentially help in making a radical lifestyle change like moving to a new city changing careers or exploring entrepreneurship If you re ready to reap all the great benefits of this simple and purposeful lifestyle BUY NOW THIS BOOK THE MINIMALIST LIFESTYLE YOUR STARTER GUIDE

Minimalism Jacqui Hill,2017-05-06 Minimalist Living A Complete Guide to Minimalist Simple Way of Life You are on your way to getting rid of unnecessary things in your life that have been simply weighing you down In the chapters that follow we will have a look at what minimalist is and how to improve your quality of life tips to living like a minimalist how to de clutter your life in multiple ways how to gain and maintain the willpower you need to successfully achieve your goals ways to focus on less things to truly succeed in the things you want to accomplish in your life creating space in your house and Minimalistic Techniques for Improving Your Health You are truly in for a few life changing chapters within this book We could all use a little inspiration to simplify our lives for the better More and more people are making the not so hard decision to eliminate the unessential and are able to live more freely in the moment What is there NOT to like about this way of life

Life is after all built upon the intricate moments that can genuinely move us to do better and be even better people So why keep around the things that can cloud these moments It is time to become part of a group of individuals who live in bliss rather than dwell within the quicksand of the stressful life that society has led us to believe is the only way to live life It is YOUR time to think outside the box and to break out of the jailing walls that consumerism has bestowed upon us Good luck in your quest on becoming a better version of yourself You will be glad you did

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