



Minimalism: A Guide to Simple Living: How to Lead a Simple Life a Simple Blueprint to Minimalism

Anna Gracey

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The society has become an extremely busy one and as such it has become imperative for some to find that escape from the hubbub that is experienced every day. Enter the minimalist...for anyone that is interested in learning about the minimalist lifestyle here is "Minimalism: A Guide to Simple Living." This practice is not something new as it has been done by many for centuries; it is simply making resurgence in modern society. This practice is one which allows the individual to step back from the materialistic form of existence and simply to use only what they need and in the extreme cases they rely on their own sustainability. The book gives a through definition of minimalism and then gets into the various tenets that surround it.



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