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Minimalist Makeover: Four Easy, Step-by-Step Strategies To Simplify Your Life Just As Much As You Want - Balance Minimalism And Consumerism





Synopsis

Is your life filled with valuable objects that don't make you happy? Do you feel anxious from the clutter inhabiting your life? Would you like to simply let go and find peace of mind? Your happiness costs less than you think. You deserve a stress-free life - where the things you own serve you and help you live a well-balanced life. Learn how to be better off with less in Minimalist Makeover. Keep balance at the edge of minimalism and consumerism. In this book I will present you 4 step-by-step minimalist methodologies, the best from around the world, to give you a perspective on how to declutter your house, your mind, and your life. Learn to let go of everything that is not important in your life and find methods that give you a peace of mind and happiness instead. Minimalist Makeover will help you if:

- You feel that stress is overwhelming your life
- You wish to downsize your surroundings
- You wish to trade possessions for happy memories
- You want to discover exactly how much you can simplify your needs
- You wish to familiarize with the best techniques for decluttering, aesthetically simplifying, creating mental peace

Minimalism is an inversely proportional process: the less you do, the more will you have. And the less you keep, the happier you'll be. What else will you get if you read this book?:

- Four step by step minimalist methods
- What are those things that are worth paying for to live a fuller life
- What is worth learning in order to live simply in a consumerist world
- How to avoid being a minimalism consumerist

Living minimally will benefit you with a clarity of mind. Your surroundings will become more transparent and easily manageable. You'll have more freedom – mental and financial. If you don't overstretch your budget paying your bills and buying food in the week before salary won't be a problem anymore. If you choose a minimalist, mindful lifestyle, you'll have fewer (but more quality) needs to satisfy. And often these don't even request money. A minimalist life will reduce stress in your days. Imagine a world where you wouldn't have to go home each day to see a messy house, you wouldn't buy worthless things just to impress others and you wouldn't trade your time for valueless conversations. If you choose to get minimal, you'll have it. Don't feel obliged to believe and use everything you read. You will succeed to create your own best minimalist lifestyle if you don't adopt everything from this book. Minimalism is not a must, but a choice without any pressure or negative consequence. Change your life to the better

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Customer Reviews

I love this book! Very unique, so unlike the other minimalism books I've read. There's so much to learn from it and the approach of this book is different but in a good way. This will definitely help you simplify your life and will definitely guide you to a peaceful lifestyle. My favorite from this book is The chapter one! Thanks author ã ã ã'ã•

I read your book a few days ago and loved it! There is so much valuable information in it! I started today with my bedroom closet. I kept remembering your words and kept going. I did it and the bedroom (which I am going to use as a yoga room too) is next! My closet looks so good! I canãçã ã™t believe it but I am only using half of the rods to hang clothes on. I feel like a real minimalistãçã ã“ok maybe a beginner but Iãçã ã™m into it now.Zoe McKey has given us Step-by-Step Strategies To Simplify our Life Just As Much As we Want. Great book.

A high-quality & comprehensive minimalist guide which includes four of the most powerful and effective tidying strategies which will not only improve your home but also your life!

Inspiring and empowering book. I have organized my entire home, hosted a garage sale, no longer have a kitchen junk drawer, and more after reading this book.

Good approach to the subject with the history. I have a deeper appreciation for my stuff. When I throw it away. I am thankful for the service provided and now it is time to let go.

I had high expectations for this book after reading Zoe's Less Mess Less Stress book, and I did not get disappointed. This book had a different approach than her other book on minimalism. It was a critical slash informative summary of four main methods that could be considered as the ultimate minimalism tools. All the four methods are extraordinary food for thought by themselves but having all of them in one book, broken down, with selected application methods gives a complexity to the writing. The book is not long, but it's to the point - totally minimalist, doesn't aim to steal your time with blabbing.

A unique perspective on minimalism that gets to the point. I loved the introduction and how Zoe set it up for the rest of the book in giving insight into her life growing up in Romania. The book focuses in on four basic methods for living a life of minimalism that are: 1. The Konmari Method. 2. Wabi-sabi Method. 3. Swedish Lagom Lifestyle. 4. The Danish Hygge Lifestyle. Each lifestyle focuses in on a particular set of strategies and methods for decluttering and living as a minimalist. This book will get you more focused and you'll be able to live a better life feeling less "heavy" with so much stuff occupying your space and time. Not only can you declutter and feel great, but, you'll have more time and energy to spend with directed clarity towards the things that are more important. Minimalist Makeover is a short but highly relevant read for those looking to live their lives in greater harmony with themselves with nature and connect on a deeper level with the people and surroundings. A definite good read!

I've heard rumblings about the minimalism movement before, but never took the time to sit down and read about it thoroughly. I'm glad I finally did. I've noticed the connection between my environment and mental state, so I plan on taking these minimalist and de-cluttering ideas to heart. I'd heard of the Japanese techniques made famous by The Life-Changing Magic of Tidying Up, but I didn't know there were various styles -- those were cool to learn about. What I love most about the book is the way the author ties in deep psychological phenomenon with cultural and economic

reasoning. The roots of why these types of ideas spread and what cultures respond to their introduction were fascinating.

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