



## Relaxation and Stress Reduction Through Minimalism: Life Is Good When You re a Minimalist (Paperback)

By Alice Richard

Createspace, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Two major problems seem to characterize most people s lives today. One is stress, and the other is excess. Stress is easy enough to see. It is evident in the way people rush around. We stressed over work, family, relationships, money, health, and a thousand other reasons. We feel stressed, and then we overeat, abuse our bodies, and feel very miserable and unfulfilled. Excess, on the other hand, is not as obvious, but if we look just a bit deeper, it is there. You may not think that excess is part of your life, but chances are, you are wrong. Excess is evident in the material things that you possess. Some minimalists believe that owning just one of most items is enough. For instance, you and your family can do with just one TV, one car, or one computer in the whole house. If you own, say, two phones, three watches, or more than five pairs of jeans - like most people do - that can be called excessive. This is how most people are today. We own many things in more...



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*This kind of publication is every little thing and taught me to looking ahead of time and a lot more. It is packed with wisdom and knowledge Once you begin to read the book, it is extremely difficult to leave it before concluding.*

-- **Ida Herman**

*This publication will never be effortless to get started on reading through but very fun to read. It is actually loaded with knowledge and wisdom You will not truly feel monotony at anytime of the time (that's what catalogues are for about in the event you check with me).*

-- **Marlin Bergstrom**