

Goodbye Things On Minimalist Living

Minimalism: The Path to an Organized, Stress-free and Decluttered Life is my humble attempt to provide an overview of what minimalism is, what it can offer, and some insights into how this lifestyle can be implemented.The first section of this book highlights a brief history of minimalism and its origins. It also covers how the minimalist movement has evolved over time, what modern day minimalism looks like, and its benefits. The second section covers a wide range of strategies and techniques that you could use to declutter, get organized, and live in a stress-free and minimalist home. The last section highlights what a minimalist lifestyle could look like; it covers a wide range of topics including minimalism in money, health, relationships, and much more. My hope is that this book will enable you to find joy in simplifying and to find happiness in fewer things that truly matter.

"The co-founders of Havenly help you find your own style in this fresh and accessible guidebook to the complicated world of interior design"--

Don't Settle for More Most of us know we own too much stuff. We feel the weight and burden of our clutter, and we tire of cleaning and managing and organizing. While excess consumption leads to bigger houses, faster cars, fancier technology, and cluttered homes, it never brings happiness. Rather, it results in a desire for more. It redirects our greatest passions to things that can never fulfill. And it distracts us from the very life we wish we were living. Live a better life with less. In The More of Less, Joshua Becker helps you...
• Recognize the life-giving benefits of owning less
• Realize how all the stuff you own is keeping you from pursuing your dreams
• Craft a personal, practical approach to decluttering your home and life
• Experience the joys of generosity
• Learn why the best part of minimalism isn't a clean house, it's a full life The beauty of minimalism isn't in what it takes away. It's in what it gives. Make Room in Your Life for What You Really Want "Maybe you don't need to own all this stuff." After a casual conversation with his neighbor on Memorial Day 2008, Joshua Becker realized he needed a change. He was spending far too much time organizing possessions, cleaning up messes, and looking for more to buy. So Joshua and his wife decided to remove the nonessential possessions from their home and life. Eventually, they sold, donated, or discarded over 60 percent of what they owned. In exchange, they found a life of more freedom, more contentment, more generosity, and more opportunity to pursue the things that mattered most. The More of Less delivers an empowering plan for living more by owning less. With practical suggestions and encouragement to personalize to your own minimalist style, Joshua Becker shows you why minimizing possessions is the best way to maximize life. Are you ready for less cleaning, less anxiety, and less stress in your life? Simplicity isn't as complicated as you think.

Think minimalism means a perfectly curated, always tidy home? Think again. Drowning in tides of toys, overflowing closets, and a crazy schedule, Rachelle Crawford assumed you had to be naturally organized to keep a tidy living space. Then she found minimalism: the messy, real-life kind, that is less about perfection and more about purpose. Thus began a journey toward decluttering her home, calendar, and soul. With empathy, grace, and humor, Crawford—who curates the popular Abundant Life with Less site--shares doable ways to own less and live more fully. Laying out practical strategies for reducing waste, curbing consumption, decluttering, and finding lots more joy, Crawford offers no-nonsense solutions for the rest of us. Learn to become a more conscious consumer, create a capsule wardrobe, inspire family members to join you, free up more time for the things that matter, and create a tidy(ish) home. The messy minimalist way is a no-judgment zone, one in which we learn sustainable habits and grace-based practices. It's about living lightly on the earth and making room for purpose. Becoming a messy minimalist is not about turning into someone else; it's about clearing away clutter and expectations to unearth who you really are. It's about carrying fewer things so that we find ourselves holding onto what truly matters.

Clutterfree with Kids

A Room-By-Room Guide to a Decluttered, Refocused Life

It's Decorative Gourd Season, Motherfuckers

Less

Messy Minimalism

MINIMALIST LIVING FOR MAXIMUM HAPPINESS

How to Get Rid of Clutter and Find Joy

The Minimalist Home

The best-selling phenomenon from Japan that shows us a minimalist life is a happy life. Fumio Sasaki is not an enlightened minimalism expert or organizing guru like Marie Kondo—he’s just a regular guy who was stressed out and constantly comparing himself to others, until one day he decided to change his life by saying goodbye to everything he didn’t absolutely need. The effects were remarkable: Sasaki gained true freedom, new focus, and a real sense of gratitude for everything around him. In Goodbye, Things Sasaki modestly shares his personal minimalist experience, offering specific tips on the minimizing process and revealing how the new minimalist movement can not only transform your space but truly enrich your life. The benefits of a minimalist life can be realized by anyone, and Sasaki’s humble vision of true happiness will open your eyes to minimalism’s potential.

The decluttering craze meets a passion for sustainable living and interior design in this gorgeous new book for readers of The Life-Changing Magic of Tidying Up This book promises an opportunity for self-reflection and lasting change, by getting to the bottom of why we've accumulated too much stuff in the first place, therefore allowing us to transform our lives. Professional decluttering and design team Cary and Kyle of New Minimalism will take you through every step, from assessing your emotional relationship to your stuff to decluttering your home to then turning it into a beautifully designed space that feels clean and tidy without feeling sparse or prescriptive. And all of this without filling up a landfill—you'll find resources and strategies to donate and reuse your stuff so you don't have to feel guilty about getting rid of it!

The best-selling phenomenon from Japan, with irresistible appeal to fans of Marie Kondo, that argues there is happiness in a minimalist life.

An evocative study of life in rural Japan, this inspiring book for fans of Marie Kondo proves true wealth can be found by living sustainably among life's simple but profound luxuries The Abundance of Less captures the texture of sustainable lives well lived in these ten profiles of ordinary—yet exceptional—men and women who left behind mainstream existences in urban Japan to live surrounded by the luxuries of nature, art, friends, delicious food, and an abundance of time. Drawing on traditional Eastern spiritual wisdom and culture, these pioneers describe the profound personal transformations they underwent as they escaped the stress, consumerism, busyness, and dependence on technology of modern life. This intimate and evocative book tells of their fulfilling lives as artists, philosophers, and farmers who rely on themselves for happiness and sustenance. By inviting readers to enter into the essence of these individuals’ days, Couturier shows us how we too can bring more meaning and richness to our own lives.

100 Daily Practices from a Zen Buddhist Monk for a Lifetime of Calm and Joy

Hello, Habits: A Minimalist's Guide to a Better Life

The Path to an Organized, Stress-Free and Decluttered Life

A Customized Plan to Declutter Your Home and Simplify Your Life

Minimalist Living

Why We've Had Enough of Stuff and Need Experience More Than Ever

A Monk's Guide to a Clean House and Mind

Everything That Remains

'There's happiness in having less. If you are anything like how I used to be – miserable, constantly comparing yourself with others, or just believing your life sucks – I think you should try saying goodbye to some of your things' Fumio Sasaki is a writer in his thirties who lives in a tiny studio in Tokyo with three shirts, four pairs of trousers, four pairs of socks and not much else. A few years ago, he realised that owning so much stuff was weighing him down – so he started to get rid of it. In this hit Japanese bestseller, Sasaki explores the philosophy behind minimalism and offers a set of straightforward rules – discard it if you haven't used it in a year; be a borrower; find your uniform; keep photos of the things you love – that can help all of us lead simpler, happier, more fulfilled lives.

Organizing your home and leading a minimalist lifestyle can seem like a daydream for busy families, but it's possible! Designed for families who want to declutter and embrace minimalism into their life and home, Minimalism for Families lays out a room-by-room strategy to conquer chaos and show your family how much more time, space, and energy you gain when you live with less.

"Forget the aesthetics of mainstream minimalism and discover a life of authenticity and intention with this practical guide to living with less...your way"--

Read on to discover why Japanese minimalism could be the secret to your best life yet!Do you: Want to get to your deathbed with a smile on your face instead of regrets in your heart? Wish to pursue the things that stir your heart, not what your parents, family, or society expect of–or want–for you? Desire to live a simple life governed and driven by your genuine aspirations instead of superficial wishes, consumerism, and societal indoctrination? If so, embracing the principles of Japanese Minimalism and making them part of your daily life can help you live a simple, happy life where every day, you wake up smiling, eager for the day because you are living your dream life. This book will reveal everything you need to know about Japanese minimalism, including: The pitfalls of consumerism The benefits you stand to derive from incorporating Japanese minimalism into your life How to use Japanese minimalism principles to make a slow, gradual, and successful transition to a more fulfilling, well-rounded, and thriving life Why pursuing shiny objects and meaningless temptations and desires will lead to deathbed regrets, and how Japanese minimalism can help you avoid that dreadful end. And so much, much more.

The Art of Discarding

Goodbye, Things

Living with Minimalism

Unstuff Your Life!

Decluttering for Joy, Health, and Creativity

A Memoir by The Minimalists

A Simple Manifesto on Why to Live with Less Stuff and More Compassion

The Minimalist Mindset

The book that inspired Marie Kondo's The Life Changing Magic of Tidying Up, Nagisa Tatsumi’s international bestseller offers a practical plan to figure out what to keep and what to discard so you can get–and stay--tidy, once and for all. Practical and inspiring, The Art of Discarding (the book that originally inspired a young Marie Kondo to start cleaning up her closets) offers hands-on advice and easy-to-follow guidelines to help readers learn how to finally let go of stuff that is holding them back -- as well as sage advice on acquiring less in the first place. Author Nagisa Tatsumi urges us to reflect on our attitude to possessing things and to have the courage and conviction to get rid of all the stuff we really don't need, offering advice on how to tackle the things that pile up at home and take back control. By learning the art of discarding you will gain space, free yourself from "accumulation syndrome," and find new joy and purpose in your clutter-free life.

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 into 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? Take action now! Scroll to the top of this page and click the 'Buy Now' button.

Do you often feel like you have just too much stuff lying around the house? Are you exhausted by constantly cleaning up and never seeing your house as clean & organized as you’d want it to be? Do you feel physically stressed out by the number of items surrounding you - but you never throw anything? People often create an emotional bond with the things they buy, desperate to fill out various emotional voids. Chances are, you own plenty of items you don't actually need - just so you can make yourself feel good! But here’s a secret no one told you about: Your belongings aren't there to fill out voids - and life is much better without clutter. Which is why millions have turned toward minimalism - the art of living with less. If you'd like to learn more about minimalism, that's where Declutter: The Japanese Art of Minimalism may come to your rescue. Here's what this book will try to teach you: - How to add some real value to your life - spend your money on experiences and times well-spent, not on possessions you'll forget about in a year! - Why your house never stays clean - and how you can avoid falling into the trap of cleaning up every single day! - What are categories and why categories matter when trying to free up some much-needed space - never again spend hours looking for a valuable possession! - The easiest way to transition to minimalism - 7 Possible Steps that work wonders for large families as well! - How to let go of things that no longer serve you - let go with ease by following the 5 Questions included in the book - Practical tips & suggestions regarding the art of tidying up both your house and your life - learn how to apply them to your own busy lifestyle! Minimalism isn't only about getting rid of stuff - it's re-learning how to appreciate your time and money as well so you can invest them on the important stuff. Stop wasting your most precious resources on material possessions - and make some room for the things that matter. Get more out of life by owning less. Purchase Declutter: The Japanese Art of Minimalism today and improve the quality of your life in an instant!

From the author of the best-selling The Joy of Less, a handbook for mindful minimalism that provides a philosophy and instructions to lighten up every aspect of our lives--in just 5 or 10 minutes a day.

The New Japanese Minimalism

Minimalism 101

Right of Way

Goodbye, Things: The New Japanese Minimalism

Stuffocation

On Minimalist Living

A Love Affair with China Gone Wrong

From About.com Reader's Choice Award-winning author Genevieve Parker Hill comes a fresh new minimalism guide for everyone. If your garage, attic, closets, and surfaces are filled with clutter, all that extra stuff can get in the way of a full experience of life as it was meant to be lived. Minimalist Living covers not only techniques for decluttering, but how to fill your newfound space with meaningful activities that add joy to your life and support your goals. This guide to simplifying for health, joy, and creativity teaches:
* Why you should define your own sense of minimalism
* How to create your "Minimalist Mission Statement"
* How to use the techniques of "blazing" and "gazing" to declutter
* Why decluttering now can lead to a happier, healthier, and more creative life
* How to deal with sentimental items without losing their meaning
* The amazing connection between minimalism and living your soul's deepest purpose
And much more...

A popular minimalist blogger and author of The More of Less shows you how to methodically turn your home into a place of peace, contentment, and purposeful living. One of today's most influential minimalist advocates takes us on a decluttering tour of our own houses and apartments, showing us how to decide what to get rid of and what to keep. He both offers practical guidelines for simplifying our lifestyle at home and addresses underlying issues that contribute to over-accumulation in the first place. The purpose is not just to create a more inviting living space. It's also to turn our life's HQ--our home--into a launching pad for a more fulfilling and productive life in the world.

Little known fact: Buddhist Monks are amazing at cleaning and tidying. In this one-of-a-kind guide to cleaning your home, Buddhist monk Shoukei Matsumoto reveals how to make your home as spotless as it is tranquil and peaceful. For Buddhist monks cleaning well is a cardinal skill and, in A Monk's Guide to a Clean House and Mind, readers will discover their never-before-shared cleaning pro tips. In the Zen Buddhist tradition, true enlightenment is impossible if your home has even a speck of dust and, as such, Buddhist monks have much to teach us lay people about achieving a truly Zen clean. A Monk's Guide to a Clean House and Mind features charming illustrations and step-by-step instructions on such essential household cleansing tips as:
• First, Air It Out: Before cleaning anything Monk's first open the temple windows to purify the air and let the crisp morning breeze in.
• Don't Procrastinate: 'Zengosaidan ' is a Zen expression meaning that one should put all their efforts into each day so they have no regrets. In the context of cleaning, this means don't put off cleaning those dishes you've left in the sink.
• Remember to Put On Your Samue: Samue robes are worn by Japanese monks when they perform their daily duties of cleaning and looking after the temple. Easy to move in and to wash and care for, they are the perfect cleaning attire. From cleaning up everything from your kitchen sink, toilet, and that pile of unidentified stuff in the corner of your garage to your mind, body, and spirit, this book will guide you in creating a home environment that will calm your thoughts and nourish your soul.

A passionate and profane love letter to fall, the best fucking season of the year. Do you get excited at the first brisk breeze of the year? Are you overcome with delight when you see piles of red leaves? Do you lose your fucking mind at a pumpkin patch? At last, the epically funny internet sensation It's Decorative Gourd Season, Motherfuckers is now a visual tour-de-force, teeming with a cornucopia of perfectly paired photos and seasonal enchantments to make it really fucking sing. Whiffy candles, wicker baskets, motherfucking gourd after gourd, and people going insane they love fall so much? Check! Also included: the equally lifechanging meditation It's Rotting Decorative Gourd Season, Motherfuckers, because all good things must end. Give it to everyone you love, or put it on your fucking coffee table next to a pile of shellacked vegetables to really tie the room together.

Perfect for: For anyone who fucking loves fall, and fans of McSweeney's, Go the Fuck to Sleep, Deep Thoughts, the Onion, and the New Yorker.

The Japanese Guide to Finding Your Purpose in Life

The Longing for Less

Decluttering and Design for Sustainable, Intentional Living

The Art of Simple Living

How to Live a Simple, Serene, and Stress-Free Life

Change your thinking. Discover new habits. Free your home.

The Little Book of Ikigai
Kick the Clutter Habit and Completely Organize Your Life for Good

Minimalism is the thing that gets us past the things so we can make room for life's most important things—which actually aren't things at all. At age 30, best friends Joshua Fields Millburn & Ryan Nicodemus walked away from their six-figure corporate careers, jettisoned most of their material possessions, and started focusing on what's truly important. In their debut book, Joshua & Ryan, authors of the popular website The Minimalists, explore their troubled pasts and descent into depression. Though they had achieved the American Dream, they worked ridiculous hours, wastefully spent money, and lived paycheck to paycheck. Instead of discovering their passions, they pacified themselves with ephemeral indulgences—which only led to more debt, depression, and discontent. After a pair of life-changing events, Joshua & Ryan discovered minimalism, allowing them to eliminate their excess material things so they could focus on life's most important "things": health, relationships, passion, growth, and contribution.

AS HEARD ON THE STEVE WRIGHT SHOW 'FORGET HYGGE. IT'S ALL ABOUT IKIGAI (THAT'S JAPANESE FOR A HAPPY LIFE)' The Times Find out how to live a long and happy life thanks to the ikigai miracle, a Japanese philosophy that helps you find fulfillment, joy and mindfulness in everything you do. It is extraordinary that Japanese men's longevity ranks 4th in the world, while Japanese women's ranks 2nd. But perhaps this comes as no surprise when you know that the Japanese understanding of ikigai is embedded in their daily life and in absolutely everything that they do. In their professional careers, in their relationships with family members, in the hobbies they cultivate so meticulously. Ken Mogi identifies five key pillars to ikigai: Pillar 1: Starting small Pillar 2: Releasing yourself Pillar 3:Harmony and sustainability Pillar 4:The joy of little things Pillar 5:Being in the here and now The Japanese talk about ikigai as 'a reason to get up in the morning'. It is something that keeps one's enthusiasm for life going, whether you are a cleaner of the famous Shinkansen bullet train, the mother of a newborn child or a Michelin-starred sushi chef. The Five Pillars at the heart of everything they do. But how do you find your own ikigai? How does ikigai contribute to happiness? Neuroscientist and bestselling Japanese writer Ken Mogi provides an absorbing insight into this way of life, incorporating scientific research and first-hand experience, and providing a colourful narrative of Japanese culture and history along the way.

"Does for mental clutter what Marie Kondo has done for household clutter." --Publishers Weekly Relax and find happiness amid the swirl of the modern world with this internationally bestselling guide to simplifying your life by the renowned Zen Buddhist author of Don't Worry. In clear, practical, easily adopted lessons--one a day for 100 days--renowned Buddhist monk Shunmyo Masuno draws on centuries of wisdom to teach you to Zen your life. Discover how . . . Lesson #4: lining up your shoes after you take them off can bring order to your mind; Lesson #11: putting down your fork after every bite can help you feel more grateful for what you have; Lesson #18: immersing yourself in zazen can sweep the clutter from your mind; Lesson #23: joining your hands together in gassho can soothe irritation and conflict; Lesson #27: going outside to watch the sunset can make every day feel celebratory; Lesson #42: planting a flower and watching it grow can teach you to embrace change; Lesson #67: understanding the concept of ichi-go ichi-e can make everyday interactions more meaningful; Lesson #85: practicing chisoku can help you feel more fulfilled. A minimalist line drawing appears opposite each lesson on an otherwise blank page, giving you an opportunity to relax with a deep breath between lessons. With each daily practice, you will learn to find happiness not by seeking out extraordinary experiences but by making small changes to your life, opening yourself up to a renewed sense of peace and inner calm. A PENGUIN LIFE TITLE

Children add joy, purpose, and meaning to our lives. They provide optimism, hope, and love. They bring smiles, laughter, and energy into our homes. They also add clutter. As parents, balancing life and managing clutter may appear impossible—or at the very least, never-ending. But what if there was a better way to live? Clutterfree with Kids offers a new perspective and fresh approach to overcoming clutter. With helpful insights, the book serves as a valuable resource for parents. Through practical application and inspirational stories, Clutterfree with Kids invites us to change our thinking, discover new habits, and free our homes. It invites us to reevaluate our lives. And it just may inspire you to live the life you've been searching for all along.

At Home with Madame Chic
Realistic Strategies for the Rest of Us

Good Chinese Wife
New Minimalism
Practical Minimalist Living Strategies to Simplify Your Home and Life

A Visual Guide to Minimalism
How Minimalist Living Can Help You To Declutter, Tidy Up Your Stuff and Say Goodbye to Things You Don't Need

Lessons in Simple Living from Rural Japan
What if everything you ever wanted isn't what you actually want? Twenty-something, suit-clad, and upwardly mobile, Joshua Fields Millburn thought he had everything anyone could ever want. Until he didn't anymore. Blindsided by the loss of his mother and his marriage in the same month, Millburn started questioning every aspect of the life he had built for himself. Then, he accidentally discovered a lifestyle known as minimalism... and everything started to change. That was four years ago. Since, Millburn, now 32, has embraced simplicity. In the pursuit of looking for something more substantial than compulsory consumption and the broken American Dream, he jettisoned most of his material possessions, paid off loads of crippling debt, and walked away from his six-figure career. So, when everything was gone, what was left? Not a how-to book but a why-to book, Everything That Remains is the touching, surprising story of what happened when one young man decided to let go of everything and begin living more deliberately. Heartrending, uplifting, and deeply personal, this engrossing memoir is peppered with insightful (and often hilarious) interruptions by Ryan Nicodemus, Millburn's best friend of twenty years.

An engaging illustrated toolbox of ideas and advice for organizing, entertaining and enjoying a stylish life draws on the author's experiences as a foreign exchange student in Paris and her strategies for organizing her own family home. 60,000 first printing. In Goodbye, Things: The New Japanese Minimalism (2015), minimalist and author Fumio Sasaki explains how readers can improve their lives by reducing the number of possessions they own. By simplifying their belongings and getting rid of anything that isn't essential, minimalists free themselves from some of the day-to-day stress that comes with ownership, like excessive clutter and time-intensive upkeep... Purchase this in-depth summary to learn more.

A stunning memoir of an intercultural marriage gone wrong When Susan, a shy Midwesterner in love with Chinese culture, started graduate school in Hong Kong, she quickly fell for Cai, the Chinese man of her dreams. As they exchanged vows, Susan thought she'd stumbled into an exotic fairy tale, until she realized Cai—and his culture—where not what she thought. In her riveting memoir, Susan recounts her struggle to be the perfect traditional "Chinese" wife to her increasingly controlling and abusive husband. With keen insight and heart-wrenching candor, she confronts the hopes and hazards of intercultural marriage, including dismissing her own values and needs to save her relationship and protect her newborn son, Jake. But when Cai threatens to take Jake back to China for good, Susan must find the courage to stand up for herself, her son, and her future. Moving between rural China and the bustling cities of Hong Kong and San Francisco, Good Chinese Wife is an eye-opening look at marriage and family in contemporary China and America and an inspiring testament to the resilience of a mother's love—across any border.

Summary of Fumio Sasaki's Goodbye, Things by Milkyway Media
Minimalista
Minimalism
Your Step-By-Step Guide to a Better Home, Wardrobe, and Life
Lightly
The Minimalist Vegan
Your Personal Guide To The Art Of Minimalist Living
Remodelista in Maine

Simplify life and amplify living by mastering the fundamentals of minimalism through this visual guide to embracing a minimalist lifestyle. How can living with less contribute to a greater sense of fulfillment? It seems contradictory, yet the minimalist lifestyle, which focuses on scaling back your possessions and simplifying your life to just the essentials, achieves just that. Adopt minimal living, and you'll find that less is more: More time because you don't waste it caring for and organizing stuff. More space because you don't fill it with objects of marginal value. More money because you don't spend it on unnecessary things. More clarity because your mind isn't bogged down by the clutter around you. More enjoyment because your energy is spent on experiences and connections. Using decision trees, flow charts, icons, and other graphics, Less shows how minimalism can be applied to any area of life--including home, wardrobe, decor, cooking, cleaning, finances, and organizing your time--and how it can be adapted to suit your own goals and help you achieve your version of happiness.

A beautiful, in-depth celebration of all things Maine, from expert home design brand Remodelista. The face of the pedestrian safety crisis looks a lot like Ignacio Duarte-Rodriguez. The 77-year old grandfather was struck in a hit-and-run crash while trying to cross a high-speed, six-lane road without crosswalks near his son's home in Phoenix, Arizona. He was one of the more than 6,000 people killed while walking in America in 2018. In the last ten years, there has been a 50 percent increase in pedestrian deaths. The tragedy of traffic violence has barely registered with the media and wider culture. Disproportionately the victims are like Duarte-Rodriguez—immigrants, the poor, and people of color. They have largely been blamed and forgotten. In Right of Way, journalist Angie Schmitt shows us that deaths like Duarte-Rodriguez's are not unavoidable “accidents.” They don't happen because of jaywalking or distracted walking. They are predictable, occurring in stark geographic patterns that tell a story about systemic inequality. These deaths are the forgotten faces of an increasingly urgent public-health crisis that we have the tools, but not the will, to solve. Schmitt examines the possible causes of the increase in pedestrian deaths as well as programs and movements that are beginning to respond to the epidemic. Her investigation unveils why pedestrians are dying—and she demands action. Right of Way is a call to reframe the problem, acknowledge the role of racism and classism in the public response to these deaths, and energize advocacy around road safety. Ultimately, Schmitt argues that we need improvements in infrastructure and changes to policy to save lives. Right of Way unveils a crisis that is rooted in both inequality and the undeterred reign of the automobile in our cities. It challenges us to imagine and demand safer and more equitable cities, where no one is expendable. Stuffocation is a movement manifesto for “experiential” living, a call to arms to stop accumulating stuff and start accumulating experiences, and a road map for a new way forward with the potential to transform our lives. Reject materialism. Embrace experientialism. Live more with less. Stuffocation is one of the most pressing problems of the twenty-first century. We have more stuff than we could ever need, and it isn't making us happier. It's bad for the planet. It's cluttering up our homes. It's making us stressed—and it might even be killing us. A rising number of us are already turning our backs on all-you-can-get consumption. We are choosing access over ownership, and taking our business to companies like Zipcar, Spotify, and Netflix. Fed up with materialism, we are ready for a new way forward. Trend forecaster James Wallman traces our obsession with stuff back to the original Mad Men, who first created desire through advertising. He interviews anthropologists studying the clutter crisis, economists searching for new ways of measuring progress, and psychologists who link stuffocation to declining well-being. And he introduces us to the innovators who are already living more consciously and with more meaning by choosing experience over stuff. Experientialism does not mean giving up all of our possessions. It is a solution that is less extreme but equally fundamental. It's about transforming what we value. Stuffocation is a paradigm-shifting look at our habits and an inspiring call for living more with less. It's the one important book you won't be able to live without. Praise for Stuffocation “The revelations come fast and furious as he asserts that acquiring ‘stuff’ is often just an easy way to ignore the tougher questions of life, dodging ‘why am I here?’ and ‘how should I live?’ for ‘will that go with the top I bought last week?’ Tart and often funny. . . [Stuffocation] will be an eye-opener for those long ago persuaded that more is better. A scintillating read that will provoke conversation (or at least closet cleaning).”—Booklist “James Wallman deftly hits upon a major insight for our times: that acquiring ‘stuff’ and ‘things’ is not nearly as meaningful as collecting experiences. Some of the happiest days of my life were when I had nothing and lived on a houseboat. Without stuff to tie me down, I felt completely free.”—Blake Mycoskie, founder of TOMS and author of the New York Times bestseller Start Something That Matters “A must-read . . . We think that more stuff will make us happier, but as the book nicely shows, we're just plain wrong. A great mix of stories and science, Stuffocation reveals the downside of more, and what we can do about it.”—Jonah Berger, author of the New York Times bestseller Contagious “Wallman offers a deeply important message by weaving contemporary social science into very engaging stories. Reading the book is such a pleasure that you hardly recognize you're being told that you should change how you live your life.”—Barry Schwartz, author of The Paradox of Choice “With a sociologist's eye and a storyteller's ear, Wallman takes us on a tour of today's experience economy from the perspective not of businesses, nor even of consumers per se, but of everyday people.”—B. Joseph Pine II and James H. Gilmore, authors of The Experience Economy

The Japanese Art of Minimalism
Japanese Minimalism
Minimalism: Live a Meaningful Life
Becoming a Connoisseur of Daily Life
All You Need is Less
The Abundance of Less
The More of Less
The Constant Art of Editing Your Life

The Minimalist Vegan by Masa and Michael Ofei is less of a how-to book, and more of a why-to book. A manifesto on why to live with less stuff and with more compassion. They explore the intersection of minimalism and veganism and all that each complimentary lifestyle has to offer. They dive deep into conscious living and what it actually means. With chapters on topics such as “The More Virus” and Courageously Simple to The Superior Species and A Plastic World, Masa and Michael cover every aspect to help challenge your way of thinking. Their hope is that by the end of it, you'll have the thirst and passion to architect your life in a way that brings you purpose and joy each and every day. They have written this book to be read within a few hours. Yes, even if you'd consider yourself to be a slow reader! Each chapter can be read independently, so you can jump ahead to a section that resonates with you. However, reading the book from start to finish is a great way to build momentum as you manifest your ideas and dive into a more conscious way of living. The internationally best-selling author of Goodbye, Things shares insights and practices to help us embrace habits and become the best versions of ourselves. Fumio Sasaki changed his life when he became a minimalist. But before minimalism could really stick, he had to make it a habit. All of us live our lives based on the habits we've formed, from when we get up in the morning to what we eat and drink to how likely we are to actually make it to the gym. In Hello, Habits, Sasaki explains how we can acquire the new habits that we want—and get rid of the ones that don't do us any good. Drawing on leading theories and tips about the science of habit formation from cognitive psychology, neuroscience, and sociology, along with examples from popular culture and tried-and-tested techniques from his own life, he unravels common misperceptions about “willpower” and “talent,” and offers a step-by-step guide to success. Ultimately, Sasaki shows how ordinary people like himself can use his principles of good habit-making to improve themselves and change their lives.

A pocket-sized book that won't overload the reader with information. It is packed with the most useful and salient tips and ideas for anyone looking to live a simpler life We live such busy lives, rushing from one thing to the next, that we barely give ourselves time to catch our breath. But what would happen if we aimed for less? This little book, filled with practical tips and ideas, covers a range of topics that could lead to a simpler way of life, including how to: · Stress less · Reduce screen time · Minimize clutter · Shop sustainably · Make the most of your 'me' time By choosing a lifestyle that is less busy, less cluttered and less stressful, you will instantly feel healthier and happier.

A professional organizer and life coach shows readers how to kick the clutter habit with his complete how-to guide to total organization Arguably the most organized man in America, sought-after coach Andrew J. Mellen has created unique, lasting techniques for streamlined living, bringing order out of chaos for the chronically overwhelmed everywhere. Acknowledging that it's often the "stuff behind the stuff" that holds people back, Mellen offers a surprisingly simple, yet effective solution in his step-by-step guide, guaranteed to help achieve organizational bliss for everyone from perpetual key-misplacers to hard-core hoarders. From basement to bedroom, kitchen to car, and into every corner of life, Mellen's system yields lasting results. Discover how to: Never lose your keys or wallet again Stop mail, magazine, and paper pileups for good Feel empowered to tackle bills and budgets Reclaim space and time once dominated by clutter Built on the principle that we must distinguish ourselves from our possessions, Unstuff Your Life! starts with truly achievable goals and works toward the nightmare projects everyone tries hard to avoid. With humor, honesty, tough love, and foolproof advice, Mellen makes it easy to finally let go and embrace the decluttered life.

Do Less
A Minimalist Guide to a Simplified, Organized, and Happy Life
A Design Lover's Guide to Inspired, Down-to-Earth Style
Declutter
Finding the Life You Want Under Everything You Own
Race, Class, and the Silent Epidemic of Pedestrian Deaths in America
Minimalism for Families
The Afrominimalist's Guide to Living with Less

Stress less while living more! An inviting living space. Time spent with loved ones. Peace of mind. With Do Less, a happier, more serene life is just moments away. From your home to your finances, this straightforward guide teaches you how to scale back your possessions and commitments to just what you really need. With hundreds of ways to minimize your life, you'll quickly uncover the joys and rewards of paring down. A must-have for any shelf, Do Less helps you rediscover the simple moments that have been buried beneath the piles of to-dos, to-knows, and to-buys.

New York Times Book Review Editor's Choice "More than just a story of an abiding cultural preoccupation, The Longing For Less peels back the commodified husk of minimalism to reveal something surprising and thoroughly alive." -Jenny Odell, author of How to Do Nothing "Less is more": Everywhere we hear the mantra.

Marie Kondo and other decluttering gurus promise that shedding our stuff will solve our problems. We commit to cleanse diets and strive for inbox zero. Amid the frantic pace and distraction of everyday life, we covet silence-and airy, Instagrammable spaces in which to enjoy it. The popular term for this brand of upscale austerity, "minimalism," has mostly come to stand for things to buy and consume. But minimalism has richer, deeper, and altogether more valuable gifts to offer. Kyle Chayka is one of our sharpest cultural observers. After spending years covering minimalist trends for leading publications, he now delves beneath this lifestyle's glossy surface, seeking better ways to claim the time and space we crave. He shows that our longing for less goes back further than we realize. His search leads him to the philosophical and spiritual origins of minimalism, and to the stories of artists such as Agnes Martin and Donald Judd; composers such as John Cage and Julius Eastman; architects and designers; visionaries and misfits. As Chayka looks anew at their extraordinary lives and explores the places where they worked-from Manhattan lofts to the Texas high desert and the back alleys of Kyoto-he reminds us that what we most require is presence, not absence. The result is an elegant new synthesis of our minimalist desires and our profound emotional needs.

Minimalism minimized--the easy room-by-room guide Imagine the life you've always wanted. Neat. Tidy. Free from unwanted clutter and surrounded by peace, calm, and serenity. Now you can learn how to love your space more by owning less and organizing the rest. Minimalism Room by Room is an essential guide for streamlining your life--one room (and one mess) at a time. By cultivating minimalism, you can focus on what matters most like your loved ones, traveling, and making lasting memories together. Minimalism Room by Room delivers easy, actionable strategies so you can save time and money, and get on the path to living simpler. Take a deep breath. It's time to start sorting. This essential beginner's guide to minimalism includes: Make room: room-by-room--Learn how to tackle cleaning challenges in every part of your home--the kid's room, the kitchen and dining room, the master suite, and more. Even small spaces like studio apartments are covered! Practical makes perfect--Get useful minimalism tips and tricks, including money-saving, sustainability, and attitude adjustments. Live with less (and love it!)--Powerful tools like checklists, sorting guides, and tracking sheets help you plan and stay focused along the way. Discover how you can live your best life--with less--by embracing minimalism.

*Goodbye, Things: The New Japanese Minimalism*W. W. Norton & Company
Minimalism Room by Room