



Modern Minimalism: How to Live with Less and Experience More in Today's Hectic World: Minimalist, Minimalist Living, Minimalist Lifestyle, Minimalist Budget, Minimalism Books

Jesse Jacobs

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"The secret of happiness is not found in seeking more, but in developing the capacity to enjoy less."
~Socrates, Greek Philosopher

Find Happiness by Discovering How to Live Life as a Modern Minimalist!

*****As a Special Thank-you for Downloading this Book Today, You Will Receive a Free New Release Bonus Book Offer*****

Let me ask you, do you feel stressed by what you already have? Do you feel pressure to continue working hard to maintain your lifestyle even when you actually don't need all the stuff you tend to buy ?

I know for me, this has been the case until I discovered the concept of **minimalism**. Taking a minimalist approach has changed my life in so many positive ways. I'm much happier, I feel way less stressed and I feel more immune to the garbage we often see on television and movies about what happiness is ***supposed*** to mean. This is a book so many of us need and I wish that I would have read something similar years ago.

This book will take you through the world of minimalism where less is more. You will learn how you can move from the consumer mind-set you to a new path where what really matters is genuine happiness, deep joy and the relationships you have with others.

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"**Modern Minimalism**" contains a number of practical ideas and concepts you can use to take action in your life. You will learn:

*How a consumer mindset actually makes us slaves to the very things we own

*What does being a **minimalist** really mean?

- *Why should someone even live a minimalist lifestyle?
- *Where to start on your journey
- *Budgeting & Minimalism: maximizing each dollar for greatest value and happiness
- *How to put the information you read to action
- *Resources for further viewing and reading
- *And much, much more!

Would you like to know more?

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