



Minimalist Living: How to Become a Minimalist (Minimalist Living Lifestyle)

M. A. Hill

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Minimalist living is a concept that is being seen more and more. It has been around since the dawn of man, but it's been getting a lot of notice now as people are looking to simplify their lives. Studies have shown that minimalism makes it easier to get rid of stress. It turns out that having too many tools and too much 'stuff' can make our lives more stressed and more complicated. IN THIS BOOK YOU WILL LEARN: WHY I WROTE THIS BOOK WHY YOU SHOULD READ THIS BOOK TABLE OF CONTENTS

INTRODUCTION CHAPTER 1: The Benefits of Going Minimal CHAPTER 2: A Guide to Decluttering CHAPTER 3: Pare Down the Closet CHAPTER 4: Going with Less in the Bedroom CHAPTER 5: Slimming Down the Kitchen and Dining Room CHAPTER 6: A Minimalist Bathroom CHAPTER 7: Less in the Living Room CHAPTER 8: A Home Office, Minimalist Style CHAPTER 9: Storage Spaces in a Minimalist Way CHAPTER 10: Tips to Organizing Like a Minimalist ABOUT THE AUTHOR: M. A. Hill is a world renowned author and writer of the bestselling book "The 7 Chakras: Balancing, Colors and Meaning." She currently resides in the beautiful Atlantic coast of Florida near Miami, the "sunshine capital". Her goal is to write books on subjects related to Nature, Self-development, Spirituality, Enigmas, and Mysteries that she is passionate about. M. A. Hill is also an animal lover and animal-rights advocate. She also loves to connect with her readers via her blog and other social media channels. Her love for nature has led her to remote regions such as the Amazonian forests, the Antarctica and tropical wonderlands such as the jungles of Brazil, Africa and even the Sahara deserts. She is also an avid cook and loves to share her passion for good food and wine with her friends and family. Learn more at: <http://www.amazon.com/M.A.-Hill/e/B00MVDNLYQ>

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