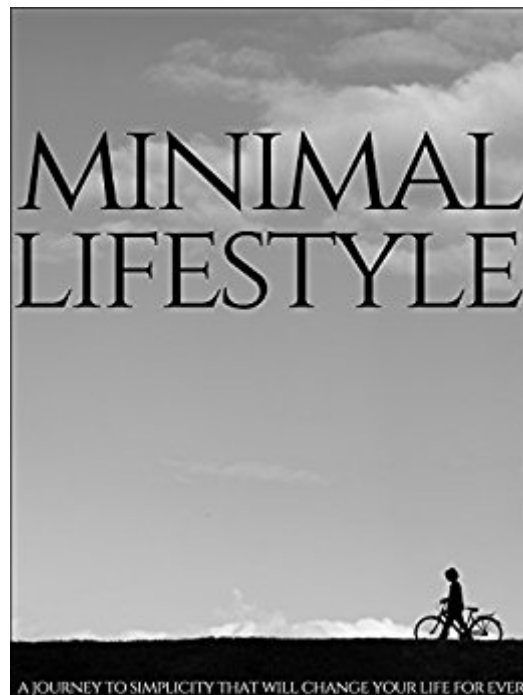


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# Minimal Lifestyle: A Journey To Simplicity That Will Change Your Life Forever



## Synopsis

For a short promotional time: By downloading this book you can get a copy of my previous best selling book on Minimalism. Open the "Look inside" previewer for your gift. Minimal Lifestyle invites you to a journey that can change your life forever. Hi, I am Photis, the minimalist, life-hacker author of the best-selling book 7 Steps to minimalism. In the book Minimal Lifestyle, I present you the mindset that will have the most impact in your life improvement with small changes. Just like a domino effect. If stress and anxiety is a problem in your life, this book provides simple mindset tools that will set you free and direct you towards happiness and fulfillment. Minimal lifestyle benefits Better health More money Much better relations Who can benefit from this book? If you are stressed by everyday lifestyle and are looking for a way to reduce stress and anxiety If you seem to make money but never seem to have enough of it If you are gaining weight and you don't seem to have any other options as your life is too busy. If you're an employee and you are tired of going crazy running around and are looking for a work-life balance on the road to success, this book will help. Download this book and take the first step towards real changes in your life. Start building your minimal lifestyle today. In this book I have stayed true to my minimal lifestyle principles and have included the essentials for you to get the most of minimalism and life-hacking without wasting your time. Investing a short hour reading this book, I trust will be the best investment of your time.

## Book Information

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## Customer Reviews

I liked the concepts depicted throughout the book - less consumerism and a more simplistic lifestyle. However, the author needs to invest in an editor and someone to format the interior of the book. Lots of typos, left out words, and paragraphs that dropped to the next line in the middle of the paragraph - that make reading through them distracting. Otherwise, a good effort on a worthy subject.

The minimal lifestyle book remains true to the minimalist principles without any unnecessary information or fluff. It was a great investment of time for me and can be influential and inspirational for anyone who want a more minimalist lifestyle. The author is also giving away another one of his books for free which I plan to read soon. Minimalism x2

What a great book, simple philosophy, read the book instead of listening to or watching your favorite TV show with advertisements and decide what you would rather do from now on. Which path will you take?

Minimal lifestyle book has been an inspiration. Presenting a way of living with less material owning for more experiences and more connections. Author presents a mindset that is very influential, precise and to the point without unnecessary information although there are references to external resources. Minimalism is the lifestyle philosophy of the modern times.

I picked this book as I struggled with organizing my life. It was getting way too complex with so many things on my head that I have to do through the day. I would get extremely nervous just by sitting behind the computer, or going outside for the exercise. But after reading the book, I learned how to get rid of all this garbage in my life. Like cleaning up my computer and organizing it into folders of audio, video and software. Or if I go outside to run I don't need to wear a heart strap, stopwatch, mobile phone and mp3 player. Many, many more tricks are available. And I never even imagined that minimal lifestyle can help you get so focused by turning off, eliminating and letting off things you really don't need. Can't wait for the next book from the author.

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