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Minimalist Living: Decluttering For Joy, Health, And Creativity

MINIMALIST LIVING
DECLUTTERING FOR JOY, HEALTH, AND CREATIVITY



GENEVIEVE PARKER HILL



Synopsis

Your stuff can hold you back and make you sick. If your rooms, closets, and surfaces are filled with clutter, all those unneeded possessions 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 doing so can fill your newfound space with meaningful activities that add joy to your life and support your goals. "It's not just a book of helpful tips to overcome our tendencies to consume and to hoard; it's a book for anybody who wants to reflect on how they can pursue happiness in a world where everything is conspiring to make us think happiness lies in our power as consumers to buy what we want."-- Dr. Philip J. Harold, Associate Dean, School of Education and Social Sciences, RMU

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.

"If you are on your way to becoming a minimalist (like our family) this book will encourage you to keep going. If you are still living in clutter this book could well be the "kick" you need to really start cleaning out."--Richard and Liz Pomeroy, Cornish Heritage Ventures

"This work is true to the nature of the subject material in being very minimalist. And that makes it really awesome. This isn't a checklist or a "system" to follow but a different way to think about the relationships that we have to the things we "own," the relationships we have with the spaces around us and the relationships that we have with other people and our inner selves."--Desmond Martin

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Customer Reviews

It took 70 years for me to realize that all the money in the world just makes a mess in living.

Minimize and breath free. Get rid of what is not needed and make room in the closet for what we wear every day.

Just finished reading this on my kindle. It reinforces what I've learned in my three plus year journey of de-cluttering and gave me some new ideas (like the reverse birthday gifts) for releasing things that will better serve another. It strikes a nice balance with "blaze" and "gaze" for people who live in the real world. I am a big fan of the KonMari Method and this book is a good supplement for those who may not be ready to go full board. An enjoyable read highlighting the benefits of a minimalist lifestyle.

Every concept that comes along (and this one started in the 60's) has its fanatics. It's there way or you're a commie over-consumer pig. Some you can see or hear ranting on late night TV or from books in the self-help section of your book store. Parker-Hill is more 'everyone has their comfort level, and most of us are uncomfortable with the clutter we have.' She is too young, one would think to have written a book for grandparents on decluttering for the sake of their children who have to clean out the home when they're gone. But she learned to live with much less when her home burned down leaving only the family and dog and dispensing with all the stuff in the house. That experience taught them all about the truly important things in life. The friends, neighbors and family who helped them immediately with life essentials, that pictures are wonderful, memories are better. Her book is sprinkled with stories not only from her own experiences, but from others who have apparently contributed to her blog--an aunt who changed her life and sold her yankee business

wardrobe when she moved to sunny Florida, or the 30-something dot.com millionaire, who used his new-found wealth to do what most other newly wealthy do, buy a big house and fill it up with all the best gadgets and furnishings. He found he was spending too much time tending to the stuff, sold it or gave it up to pursue what he really wanted, travel and tend to personal relationships (sorry, he's married or hooked up already). Parker-Hill is doing similarly, living all around the world and taking jobs or leaving them as suits her needs. She proposes some radical ideas, like decluttering not only your digs, but also your mind--not letting negative thoughts in, replacing them with thoughts and ideas which make you happy. Likewise with friends and relationships, where possible, and with your time, decluttering your day. It's a quick read, pleasantly presented, full of ideas you can use, and good reasons for using them. She clearly states you are the master of your life, and your idea of 'decluttering' is the one that counts. Keep thoughts, ideas, relationships and things only as they serve you. Don't let guilt or keeping up with the neighborhood, or ads push you to buy what you don't even know you need until you're told as much. Do what makes you happy. Work or concentrate in your free time on projects that fit your passions. Consider replacing your big screen TV with an easel and paints, or with whatever else makes you happier. And all the clothes in your closet? If you only wear your favorite 20% of those clothes 80% of the time, give away or sell the rest. Your favorite clothes will last longer and you'll bless someone else with the stuff that was collecting dust or moth holes at your place.

This is an easy read, clearly written in a friendly non-intimidating tone. It's a good overview of minimalist ideas from various sources (practical to spiritual) and some useful tips for implementing. Much easier to digest if you're just starting to think about why and how to clear some space in your life, and enough interesting tidbits and different perspectives to make it a great reminder for those of us who've been aspiring to get more minimal for a while. Thanks, this was a helpful read, and I'll be chewing on and implementing these ideas for a while.

Wow such an inspiring book! I read a little and than minimize a LOT! Goodwill can spot me a mile away now! lol Plus I've made probably \$100 at least selling things out of my home. Caution: Not a good book to read before bed- you will get out of bed to declutter more! LOL

If this is your first book on minimalism then maybe you'll be satisfied with the tips this book offers. With that said, I have read many of the references the author sites and find that I preferred their writing and tips on minimalistic living to those in this book. I found this to be too broad in its advice

and felt other authors did more justice to this topic.

This book is a great inspiration for clearing the clutter from your life. Nearly everything the author recommends, I can attest to from personal experience. My dad attached sentimental meanings to belongings. There were many things he wanted me to have before he transitioned to the next stage. I now have some of those things, but realize that they are just memory triggers - no different than seeing a photograph. Since I have plenty of memories of time shared with my dad, I don't feel attached to the things he left me. That is just one example of something Genevieve helped me confirm in my mind. The only reason I didn't give this book five stars is because I reserve that for the best of the best. I wouldn't even give my books a five star rating, but I do plan to write a five star book eventually. Genevieve, thank you for a well written, succinct book about minimalist living. It is a shame how much of the world's resources Americans consume. I frequently think about the giant island of trash floating in the ocean.

Minimalist Living seems to be the hallmark of this generation. Genevieve Parker Hill has a good grasp on this type of living and has written a good book which people can learn from. The book is a helpful tool and an easy read.

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