

LUKE EISENBERG

MINMALISM

THE SIMPLEST WAY OF LIFE IN THE WORLD

THE LIBERATING FEELING OF LIVING WITH LESS



MINIMALISM...The Simplest Way Of Life In The World

MINIMALISM...The Simplest Way Of Life In The World: The Liberating Feeling Of Living With Less The guide to a minimalist lifestyle Minimalism - Why less is more! Is the minimalist lifestyle a suitable life form for you? The advantages of a minimalist lifestyle Saving of time Saving of money Healthier life More flexibility in life planning Better sleep Conscious enjoyment More space in your four walls Who has less choice, has less agony <u>New contacts - more social life</u> Less is more: Pay attention to quality Your start into a minimalist lifestyle The 3-heap method The 1-year-unimportant method The shelf life method The cardboard method Getting by without a TV Less Internet Social Media - Minimizing activities Inserting mobile phone pauses Clean up your PC, tablet and mobile phone Avoid advertising in the mailbox Unsubscribe from the newsletter Learn the "no" Take only important appointments