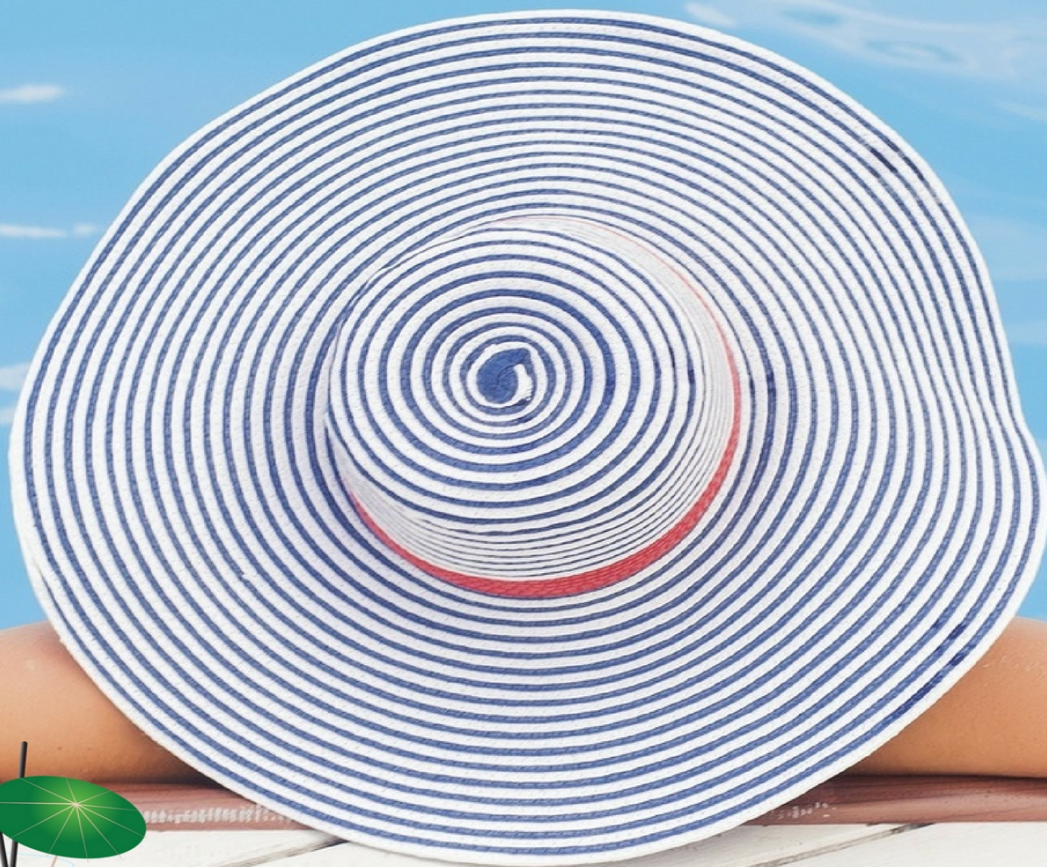


The starting signal

365 days of minimalism



Mia McCarthy

The starting signal...365 days of minimalism

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[The way to the wardrobe full of favourite clothes](#)

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To-do lists simplify the working day - here's how it works

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Minimalist on (world)travel with hand luggage

Minimalist on journeys with a little hand luggage

The advantages of being on tour only with a backpack are plentiful

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Minimalism pure: throw ballast overboard free!

Minimalism pure - Why less is more than just less

Confucius once said: "Life is simple, but we insist on making it complicated. There is much truth in these words. Many people load themselves too much on their private and professional lives, which means that they are constantly electrified. Some do not find a way out of the constant stress that can even make them ill. I have collected tips and advice for a minimalist life for you to make your life easier and less tedious. The best thing about it: A few of them can be implemented within an hour!

Minimalist supporters favour simple life: little consumption, clear wardrobe, food without packaging. At the beginning of the movement about ten years ago, minimalist people had to exchange views mainly via blogs on the web. In the meantime there are regular meetings in many German cities.

Furthermore, I think minimalism has a certain charm. The advantages are obvious. Fewer unnecessary things, less distractions, better energy and determination, and so on. So for some of you this is probably a great condition.

Minimalism pure and simple does not mean giving up luxury