



A Guide to Minimalism: How to Live a Stress Free, Simple Life

Amy Zulpa

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"A Guide to Minimalism" gives an introduction to the lifestyle known as minimalism. It is a lifestyle that many are choosing as they make an attempt to get out of the consumerist mainstream. It can be extremely hard to balance work, family and other activities plus maintain a status quo set by what is trending. The minimalist has none of these challenges. The life is simple yet functional. So much more can be achieved as a minimalist, which is why so many yearn for the lifestyle but somehow do not know how to get there.

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