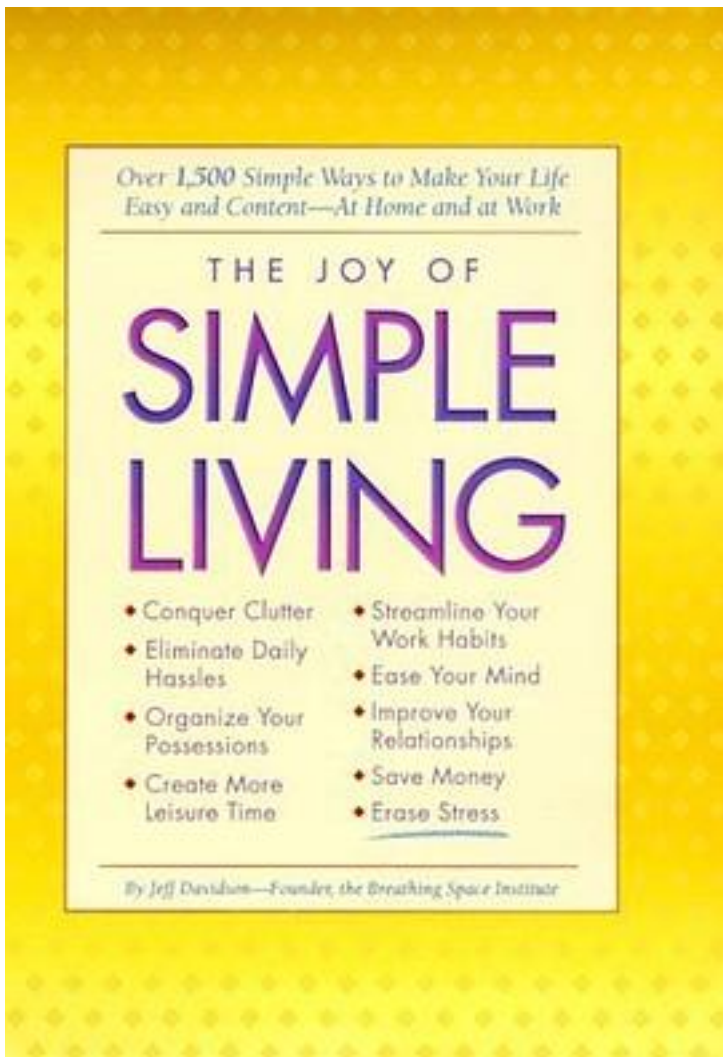


# The Joy of Simple Living



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Chances are, your life is overflowing with unnecessary clutter and confusion-- from the "junk drawer" in the kitchen to the overloaded "in box" at the office to the ever-growing list of tasks to complete and errands to run. With the increasingly hectic, stressful lives that more and more people are leading today, is it possible for anyone to handle the overwhelming demands on their time and still get through the day with ease? The Joy of Simple Living will teach you just how easy it is to get back to the basics. This book will change your life. It provides more than 1,500 easy, specific tips and techniques for cutting back, paring down, and breathing easier-- without sacrificing the quality of life you deserve. Open the book to any page and you'll find it filled with practical ideas. The Joy of Simple Living examines every single room of your house, plus your car and your office. Not only will you learn to create an orderly home, you'll become a more effective spouse, parent, and worker by learning how to prioritize and simplify. You'll have more free time, more money, and a greater peace of mind when you realize the joy that simple living can bring.\* Conquer Clutter\* Eliminate Daily Hassles\* Organize Your Possessions\* Create More Leisure Time\* Streamline Your Work Habits\* Ease Your Mind\* Improve Your Relationships\* Save Money\* Erase Stress

作者介绍:

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