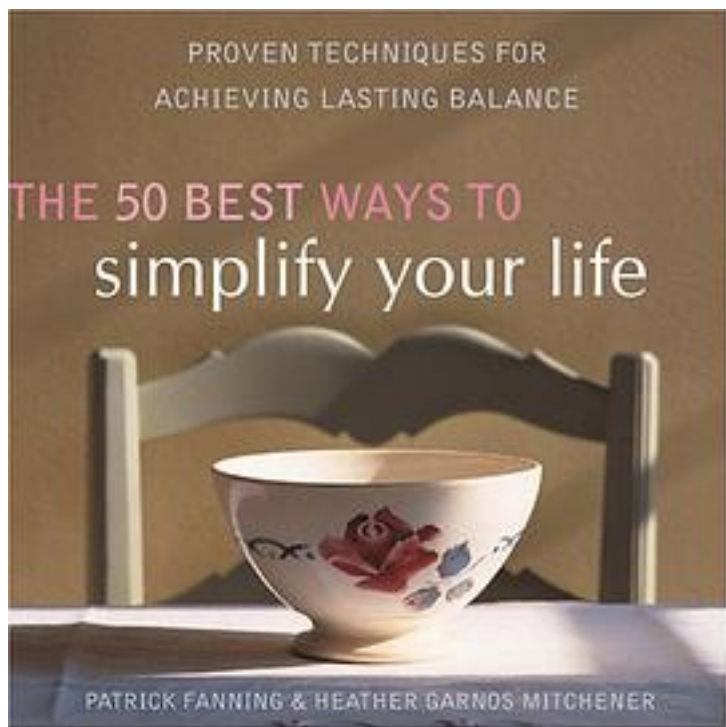


The 50 Best Ways to Simplify Your Life



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Many yearn to right the imbalance in their lives but hesitate to make what they think are radical changes often associated with true simplicity. However, as this book shows, the kind of simplicity that brings real happiness is not about complex principles but about evaluating one's thoughts and feelings and rebuilding one's life around personal truths. Using practical techniques that lead to real change, the authors help readers examine their values and prioritize their goals. Through a series of exercises ranging from simple tasks to soul-searching, the authors guide readers in finding a true center of focus between work and home, discipline and pleasure, relationship and solitude.

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