

Only 127 Things You Need

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Y O U   N E E D

{ *a guide to life's essentials* }

DONNA WILKINSON

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For The Only 127 Things You Need , author Donna Wilkinson spoke to more than fifty

experts— authorities on the mind, the body, and the spirit—to discover the absolute essential “items” for living a good life.

Ever wish you could strip your life down to just the bare essentials—that you could “de-clutter” not just the physical items littering your home but the endless “to-do” lists flooding your mind? But what to throw away? And what to keep?

This miracle of a book includes expert opinions on what’s essential in life from:

- \* Dr. Gail Saltz and Martha Beck (the mind)
- \* Dr. Christiane Northrup and Dr. Andrew Weil (the body)
- \* Rabbi Harold Kushner and Thomas Moore (the spirit)

For so many of us, it’s hard to move forward with the important things in life without first “paring down” and “straightening up.” With this complete guide to life’s essentials, it will finally be possible to see the forest for all those trees.

作者介绍:

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