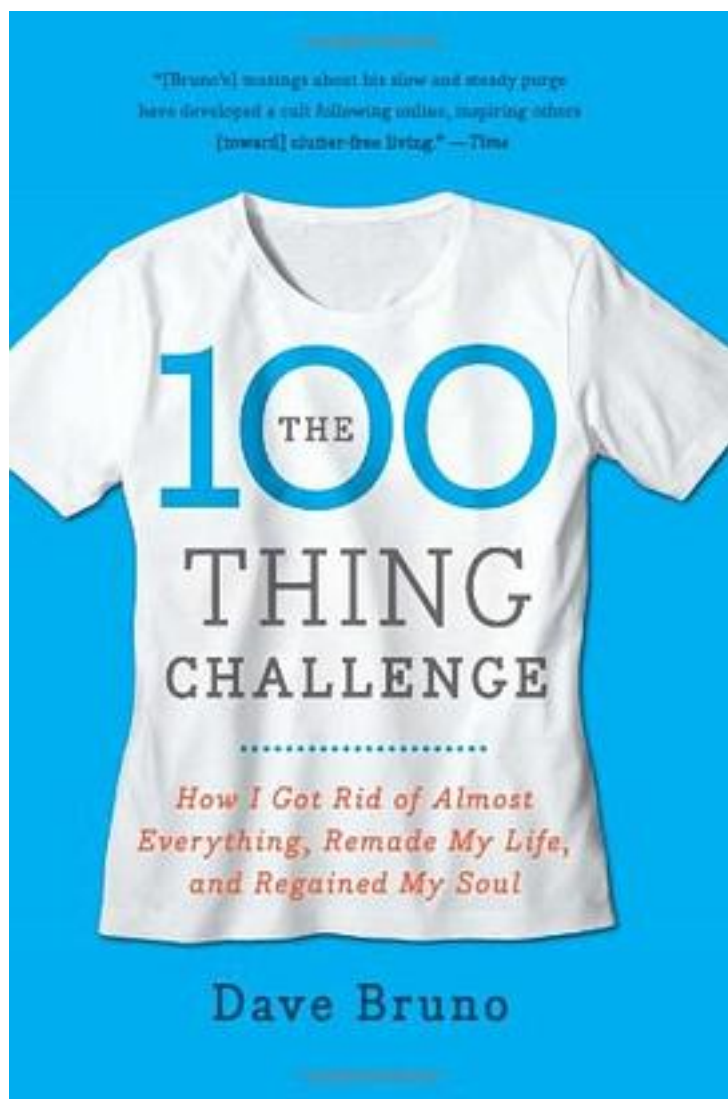


# The 100 Thing Challenge



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著者: Bruno, Dave

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An ordinary man's inspiring journey toward a simpler, more meaningful life. In 2008, average American family man Dave Bruno decided to unhook himself from the intravenous drip of consumerism that fueled his life by winnowing all his personal possessions down to just 100 things. Little did he realize that he would be igniting a grassroots movement—soon after Dave embarked on his journey, media around the world took notice and others started to follow his lead. A cause for pause, The 100 Thing Challenge is a response to the culture of materialism in America, one that has filled our lives with the constant and unsatisfactory desire for "more." Dave Bruno offers compelling anecdotes and practical advice to help readers live more meaningfully, simply by casting off the unnecessary "stuff" that clutters their lives. The 100 Thing Challenge is a golden opportunity to experience the positive changes that occur as you defiantly hop off the treadmill of consumerism.

作者介绍:

目录:

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标签

极简生活

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评论

typical American self-help book: repetitive and chaotic

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