



# Do Less: A Minimalist Guide to a Simplified, Organized, and Happy Life

*Rachel Jonat*

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Stress less while living more!

An inviting living space. Time spent with loved ones. Peace of mind.

With *Do Less*, a happier, more serene life is just moments away. From your home to your finances, this straightforward guide teaches you how to scale back your possessions and commitments to just what you really need. With hundreds of ways to minimize your life, you'll quickly uncover the joys and rewards of paring down.

A must-have for any shelf, *Do Less* helps you rediscover the simple moments that have been buried beneath the piles of to-dos, to-knows, and to-buys.

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