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Minimalism Vs. Consumerism: Finding The Right Balance To Take Your Life Back!



Synopsis

“Minimalism is not a lack of something. It’s simply the perfect amount of something.”

• Recently the trend of Minimalism has risen in society. Some people have preconceived ideas of what that means. People think it’s much like going on a diet from stuff and things that make them happy. But Minimalism isn’t about sacrifice. It’s about constantly constructing a battle in your head about gratitude and enjoyment. You should consume only what makes you happy, when it stops helping and starts having the opposite effect, it is time to reexamine. Minimalism vs Consumerism is about finding the right balance between the two that benefits your life the most. The life that still allows you to enjoy the things that make you happy while being grateful for what you have and not always seeking happiness in more. Making decisions with awareness of what really matters to you.

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Customer Reviews

In this book, Caraway defines different aspects of minimalism, making it clear that minimalism is not deprivation. It is a prioritizing of time, energy, and money. It is a day-to-day way of living, a mindset. Caraway profiles three minimalists: a monetarily successful man climbing the career ladder, a woman who already lived in minimalist aesthetic surroundings who then learned to nurture fulfilling

relationships, and finally a profile about the reader as an emerging minimalist. Regarding your own profile (as the reader, the emerging minimalist), Caraway gives solid how-to's from initial decisions, through decluttering and lifestyle management, and into a more balanced life. Perhaps my biggest take away from the book was Caraway's differentiation between minimalism and detachment, the former being a road toward fulfillment, and the latter being a path toward dissatisfaction. This book is full of useful information and helpful how-to's. I am giving it 4 stars instead of 5 only because I would have liked a bit of a story arc (perhaps Caraway's own minimalism journey) woven into the whole of the book in order to keep it from getting a bit dry. But I think Caraway has a handle on minimalism and no doubt a lot more to say on the subject. I'm looking forward to reading more from him.

This book is everything you need to know about minimalism. It gives you an amazing explanation what minimalism is and then teaches you how to become a minimalist. It also contains some great stories which make it one of the most engaging books that I have read in the past month. And on some parts, it is written almost poetically. All in all, I love the writing style and the content of the book. I think this book is of a great value.

It helped me rethink my preconceived notions about minimalism. It made me realise that minimalism is not having less of something but having perfect amount of something. Great Book, Great writer!!

I highly recommend this book if you're curious about minimalism. It's very informative, and gives a lot of great suggestions on how to live a more meaningful life.

Simple is beautiful, natural, real when chosen consciously. Life is incredibly complex, yet perfectly balanced, and we fit in by following its purpose. This book is a step toward focusing on the important.

This book is short and easy to read quickly. I'm someone who is struggling to get rid of some sentimental junk and I'm at the point where I know this stuff is holding me back and I need to do something about it. I found this book to be a great start to understanding what the intention behind minimalism is. I feel like I'm starting to get it.

I truly enjoyed this book and loved the testimonies along with self help tips. I'm going to pass this on to everyone I know and love because it is so positive and inspiring.

I found in this book that minimalism, as the author explains, it is not to live poorly but living just with what you need. It is a very interesting book ideally for a enjoyable reading weekend.

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