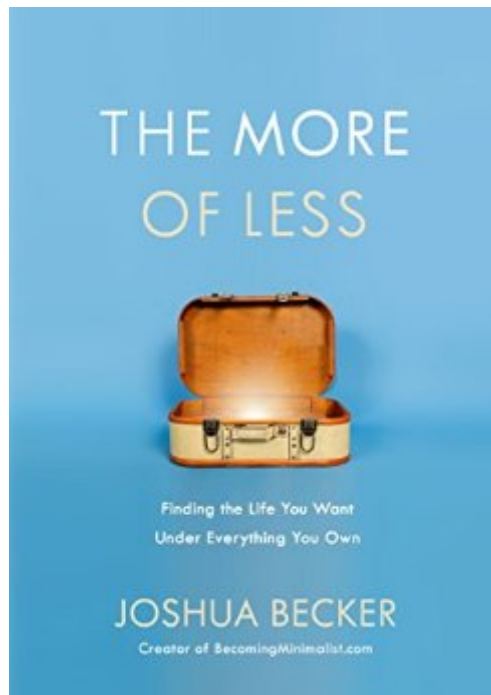


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# The More Of Less: Finding The Life You Want Under Everything You Own



## Synopsis

Don't Settle for More

Most of us know we own too much stuff. We feel the weight and burden of our clutter, and we tire of cleaning and managing and organizing. While excess consumption leads to bigger houses, faster cars, fancier technology, and cluttered homes, it never brings happiness. Rather, it results in a desire for more. It redirects our greatest passions to things that can never fulfill. And it distracts us from the very life we wish we were living. Live a better life with less. In *The More of Less*, Joshua Becker, helps you recognize the life-giving benefits of owning less, realize how all the stuff you own is keeping you from pursuing your dreams, craft a personal, practical approach to decluttering your home and life, experience the joys of generosity, learn why the best part of minimalism isn't a clean house, it's a full life. The beauty of minimalism isn't in what it takes away. It's in what it gives.

*Make Room in Your Life for What You Really Want*

Maybe you don't need to own all this stuff. After a casual conversation with his neighbor on Memorial Day 2008, Joshua Becker realized he needed a change. He was spending far too much time organizing possessions, cleaning up messes, and looking for more to buy. So Joshua and his wife decided to remove the nonessential possessions from their home and life. Eventually, they sold, donated, or discarded over 60 percent of what they owned. In exchange, they found a life of more freedom, more contentment, more generosity, and more opportunity to pursue the things that mattered most. *The More of Less* delivers an empowering plan for living more by owning less. With practical suggestions and encouragement to personalize your own minimalist style, Joshua Becker shows you why minimizing possessions is the best way to maximize life. Are you ready for less cleaning, less anxiety, and less stress in your life? Simplicity isn't as complicated as you think.

From the Hardcover edition.

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## Customer Reviews

Above all, this is a HELPFUL book. Here's why: Several years ago, the author realized his habit of constant accumulation of stuff was making his life--and his family's life--worse. He, like almost every American, was acquiring more and more things, and cramming these things into bigger and bigger houses. Fortunately for the author, he spotted the problem, and decided to do something about it. THE MORE OF LESS is the culmination of his journey, and in this book, Mr. Becker documents his journey embracing "Minimalism." He shares with the reader his insights and "lessons learned." The author explains the temptation to get bogged down with things--too many things that aren't really important. This complicates life, and takes time away from what is truly important. The author relates the story of taking his young son to the store, and just trying to buy one toy. It was an overwhelming experience, and nearly impossible. "Consumerism surrounds us like the air we breathe, and like air, it's invisible. We hardly even know how much we are influenced by the philosophy that we must buy, buy, buy, if we are to be happy." The author emphasizes that this is not really a book about organizing. "Minimalism" is not the same as organizing, and it doesn't mean just get rid of everything. It's a lot more than that. If you focus just on organizing, you will miss a bigger point: "Organizing doesn't force us to evaluate our lives." It doesn't address the question of why we have the things in the first place. The way to get out of the consumerism trap is to "live intentionally: "Make choices with larger purposes and longer-term goals in mind.

This is the best book on discovering and living your best life for modern times. Joshua Becker gives practical advice on enjoying life once all the waste and weight of stuff is let go! I am a middle class American, and my house and life is loaded with stuff. Most of it I don't use nor need. I have been on a mission the past few months to discover the best way to get rid of it while at the same time

seeking a more fulfilling life. This is when I discovered Joshua Becker's blog, *Becoming Minimalist*. I instantly felt rapport with Joshua and started down my minimalism journey. In the months I've been reading his blog, I have pared down my wardrobe to only the essentials, I have decided to cut out cable and only watch Netflix/HBO Go, I focus more on the time with my children and wife, and I eat dinner at the (clean) table with my family more often. All of this has led to more joy and fulfillment, and less emptiness and stuff within my life. My decluttering journey is still on-going, but Mr. Becker never says that it will happen quickly. *The More of Less* is Mr. Becker's philosophy and practice of minimalism in one place. The book is packed with advice on how to live the life you have been seeking, even if you don't know it yet. *The More of Less* is part autobiography, part case studies while being full of practical tips and processes for getting rid of clutter and finding the life you want. The best part of the book is that it meets you where you are and takes you as far as you want to go, but I would recommend pushing farther than you think you can go because this is where you find more freedom within the journey). Mr.

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