



## **Minimalism: How to Become a Minimalist**

Bekkas Thomas

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#### Minimalism: How to Become a Minimalist Bekkas Thomas

Chaotic, overstressed and disorganized. Sound like YOUR life? Fortunately, there is a solution to the alarming clutter that has invaded your space. It's called minimalism and it will leave you feeling lighter, happier and in total control by releasing you from the bondage of "stuff." This guide helps you free your home from disarray by first freeing your mind of its passion to accumulate the non-essentials! I'll show you how to start small, taking baby steps toward ridding your home of the "things" that are preventing you from living your best life.



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