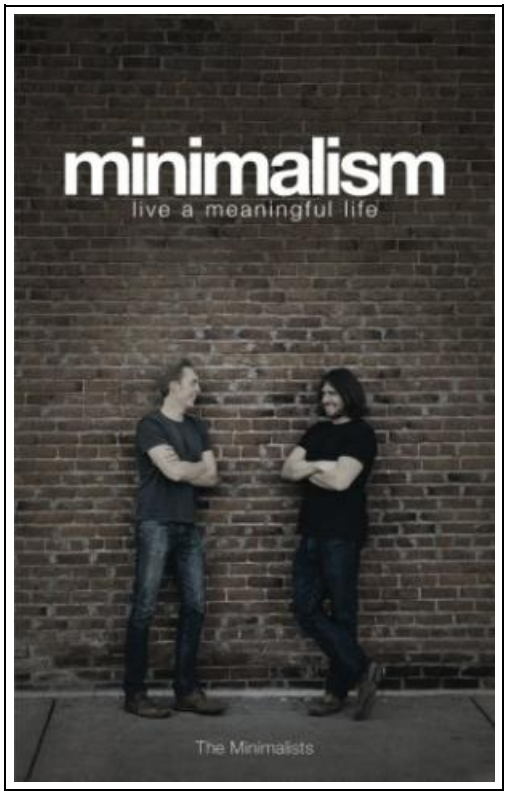
Minimalism: Live a Meaningful Life



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Asymmetrical Press. Paperback. Book Condition: New. Paperback. 138 pages. Dimensions: 7.9in. x 5.0in. x 0.6in.At age 30, Joshua Fields Millburn and Ryan Nicodemus left their six-figure corporate careers, jettisoned most of their material possessions, and started focusing on lifes most important aspects. And they never looked back. This books foreword and first chapter examine Joshua and Ryans backgrounds, their troubled pasts, and their eventual spiral into depression. These chapters discuss why the authors didnt feel fulfilled by their careers and why they turned to societys idea of living: working ridiculous hours, wastefully spending money, living paycheck to paycheck. Instead of finding their passions, they pacified themselves with ephemeral indulgences, inducing a cocaine-like high that didnt last far past the checkout line. And then, after a set of life-changing events, they discovered minimalism, which allowed Joshua and Ryan to eliminate lifes excess and focus on the essential things in life. The subsequent chaptersexplore their journey into a lifestyle known as minimalism and discusse why these two successful businessmen eschewed their excess stuff in favor of focusing on lifes the more important aspects: health, relationships, passion, growth, and contribution. The authors discuss how minimalism allowed them to focus on each area, citing personal examples of how they changed everything in their lives over a two year span, during which time they left their corporate jobs, got out of debt, changed their diets, started exercising regularly, strengthened their core relationships, established exciting new relationships, began pursuing their passions, contributed to more people, and found ways to be content and happy with their lives. The final chapter, Confluence of Meaning, binds together these five dimensions and asks the reader important questions about his or her life. This books content is different from the content at TheMinimalist. com. While the authors website documents their journey...

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