



Declutter Box Set: Your Guide to Decluttering and Organizing Your Home and Mind (Minimalist Living)

Sarah Benson, Vanessa Riley

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Declutter Box Set (2 in 1)

Book One: The Art of Minimalist Living: Live with Less and Enjoy Clutter Free Lifestyle!

More and more people of all ages are rethinking their beliefs and their lifestyle philosophy as regards abundance, wealth, and living in a material consumer world. Whether you need to live more frugally because of a cash crunch, or you choose to live minimalistically from here on out from a change in lifestyle philosophy, looking at the issue of need versus want is important.

In this book, you'll learn:

- The difference between living frugally and minimalistically
- How to downsize in a logical way
- How to save money on ordinary purchases, even if saving isn't your main goal or need
- How to get started rethinking your beliefs about abundance, wealth, consumerism

Book Two: Declutter Your Mind: Discover the Power and Intuition Hidden Behind the Noise of Your Thoughts and Feelings

How to unclutter your mind – so that you can think straight, think well, think analytically and think creatively – is one of the best-kept secrets that the human race holds. However, there are untold benefits to uncluttering or emptying your mind of all your thoughts, and to stop at least for a moment from rehashing and spinning in old stories and being caught up in all the old emotions tangled in those stories.

In this book, we'll:

- Reveal the secret of how to unclutter and quiet your mind.
- Tell you what really causes stress.
- Guide you on some practices to develop a quiet mind at will.
- Show you some of the benefits of uncluttering and quieting your mind.
- Get you excited about sitting down and trying for yourself!

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From reader reviews:

Bertha Costa:

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