



Simplify: How to Have Less and Enjoy More (Simplify - Your - Life - Habits - Clutter - Less - Stress Book 1)

Sally Bennett

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Simplify: How to Have Less and Enjoy More

Are you tired of feeling stressed in the relentless pursuit of more? Imagine how it would feel to jump off the treadmill and enjoy peace and contentment - and perhaps even a new appetite for discovery.

In this delightful book, Sally Bennett offers a remarkably thoughtful, friendly, practical guide to achieving the kind of calm, contentment and balance that most people spend a lifetime only wishing for.

In these pages you will learn:

- How things got so complicated
- How change really is possible - starting now
- How to avoid wasting time
- How to make a clear distinction between "have to's" and "get to's"
- How to say "no" to unnecessary taxes on time, money and energy
- How to make your dream vacation moments a reality - every day
- How to use the trusty old "to do" list
- How to really change your "more" attitude to a "less" attitude
- Practical strategies to simplify life - starting now

Don't passively wait for the hamster wheel of "more" to stop spinning for you. Take control and download this book now!

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