



# **How to Be a Minimalist: Simple Advice for Regular People - Own Less, Be More, Have Less Worries and Enjoy Your Meaningful Life More**

*Michael Martins*

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## Are You Tired of Your Overcomplicated Life?

If you've been looking for a simple guide on how to become a minimalist, this two-book collection is for you. Get two „Minimalism for Regular People” books for a reduced price of \$3.99 instead of \$5.99 when buying both books separately.

“How to Be a Minimalist” shares with you advice for regular people. Most authors are too extreme with their ideas. I'm not one of them. I won't tell you to live with less than 100 things or give up your favorite possessions.

If you want to benefit from these books, you don't have to be an entrepreneur or a freelancer like most of the people who write books for minimalists.

You too can introduce the advice from these two books in your life. All it takes is your willingness to make changes.

I will teach you:

- how to achieve moderation in minimalism (I won't tell you that you have to live with 100 things)
- a simple process to de-clutter your home without going crazy about it (it's simple and ensures you won't regret getting rid of your possessions)
- your greatest and least appreciated resource (all minimalists place this thing at the top of their pyramid of importance)
- 13 ways to adopt the minimalist mindset
- why buying more stuff will never lead to the true joy (and how to achieve it)
- how to deal with digital clutter to bring your attention back to the present moment
- the difference between simplification and impoverishment (most proponents of minimalism give advice that leads to impoverishment)
- how to deal with toxic relationships in your life (you don't have to cut ties with all negative people in your life)
- how to develop meaningful relationships (and how I learned the hard way why my relationships were meaningless)
- how to clear your daily schedule and restore balance in your daily life
- how to embrace purpose in life

Life is meant to be enjoyed. This two-book collection will teach you how to do it without unnecessary clutter (and zero extreme minimalism dogma).

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