

JANET  
LUHRS

*Publisher of Simple Living Journal*

# The Simple Living Guide

"The Simple Living Guide  
will open wide the road  
to a simpler and more  
fulfilling life for anyone."  
—Vicki Robin, coauthor  
of *Your Money or Your Life*

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***A Sourcebook for Less Stressful, More Joyful Living***

Janet Luhrs

# The Simple Living Guide: A Sourcebook for Less Stressful, More Joyful Living



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In *The Simple Living Information* Janet Luhrs demonstrates how to live a deliberate, simpler life--and savor it. As Janet Luhrs says, "Simple living is about living deliberately." Whether you are considering small solutions for reducing the tension in your life or taking the big leap toward the simpler life, this book can be your guide. Discover Simple Living approaches to: money, work, vacations, cooking and diet, health and exercise, mess, gardening, travel, and even more! It's about getting fully aware of why you are living your unique life, and knowing that life is one you have chosen thoughtfully. Basic living is about designing our lives to coincide with our ideals. Janet Luhrs, the nationally identified founder and editor of the *Simple Living Journal*, includes strategies, inspiration, assets, and real-lifestyle profiles of individuals who have slowed down, overcome obstacles, and created richer lives. Simple living isn't about austerity, or frugality, or income level.



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