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L'art de la
SIMPLICITÉ

HOW TO LIVE MORE
WITH LESS

Dominique Loreau

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L'art de la Simplicité: How to Live More with Less



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Uncover the magic of simplicity in this international bestseller, designed for the first time in English. Now her groundbreaking L'artwork de la Simplicité, a huge bestseller in her indigenous France, is normally translated into English for the first time. Dominique Loreau may be the grasp in the art of de-cluttering and simplifying. have significantly more money to invest on life's little luxuries; Surviving in Japan and inspired simply by Asian philosophy, Loreau goes on a step-by-step trip to a clutter-free home, a calm brain and an energized body. Give yourself the gift of health insurance and happiness; Loreau's theory of "less is more" is set to change your daily life forever. eat better and get rid of weight; and bid farewell to anxiety and negative human relationships. Free yourself of possessions you don't need or need; to live completely and freely is definitely to live with L'artwork de la Simplicité.



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Exceptional book This is one of the best books on minimalism and simple living that I've read. It covers many areas beyond simply clutter and how exactly to get rid of it. It motivated me finally to eliminate all those meals in my own kitchen that no more fit my life-style. The book has a decidedly Zen-minimalist bent. I could have picked up Marie Kondo's book if I was thinking about that sort of simplicity. It's not really just about minimizing your property but also about better health choices, taking periods for yourself and figuring out yourself through the process of clearing out the junk clutter, food clutter, and mind clutter. Not what I expected I had trouble engaging in this book therefore i stopped reading it. Though the author had some good points, her fascination with japan aesthetic and (if you ask me) intense minimalism was an excessive amount of for me. I'm also incorporating some of Loreau's other suggestions into my life.. I got the right tips to a better life. I love this reserve, can't get enough of reading it. Very easy to read and follow for a simplified existence and makes so very much sense. For all of us minimalists who would like a bare bookshelf of few quality books, if there's one book well worth owning, this one is it and replaces so many books we don't need. It's my go-to reference for the much less is more way of living. I like the way the writer is French now living in Japan, two cultures for me almost synonymous with minimalism so it is backed by experience.. I love hearing this book on CD coming and going . I go back to it as a reference book. I love listening to this book about CD coming and likely to function. The audio reader is indeed soothing and calming and the teachings are very encouraging. Five Stars One of my favs books super funny and incredibly well written Four Stars Like info contained within, any additional info great full to have. I'd have loved to have been given this advice 40 years ago. A true How To book Loved this book. It is like a woman's handbook for a simpler, rounded lifestyle. I'm sure I'll go back to this book again for more suggestions for an easier and, therefore, better life.. I'm grateful I discovered this book while looking for a different one. Good info but not a French homemaking book While this publication had a lot of good information, if you're looking for a French slant, (as suggested by the title) this is simply not it. As the author was created in France, she has been mainly in Japan. I acquired rid of 3 furniture pieces in my own living room alone. Having said that, it does contain usable and thought provoking advice. Simply don't anticipate it to be an example of a French home. Inspiring This book is so inspiring. Love it! Absolutely enjoyed this reserve and look forward to reading again Absolutely enjoyed this reserve and appearance forward to reading again. Probably the most in-depth and useful books on livings a non-consumerist and simplified lifestyle. love it great It might be hard to check out everything, but we . It's written by a French woman but the book doesn't really have plenty of of a French outlook for my taste.. It may be hard to follow everything, but we are able to

certainly try when we have an desire to buy something. I purchased this for my 15-yo niece.



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