

Chicken Soup for the Soul: The Joy of Less: 101 Stories about Having More by Simplifying Our Lives

By Amy Newmark, Brooke Burke-Charvet

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In the Age of Disposables—fashion, phones, glasses, and even friends!—some people are finding joy by rediscovering the simple life. They're cleaning house, both literally and figuratively, and finding themselves better for it. By getting rid of excess "stuff" and trimming down their over-filled schedules, they feel happier and more fulfilled than ever before. It's really true that little can go a long way.

With *Chicken Soup for the Soul: The Joy of Less*, spring cleaning takes on a whole new meaning. You'll read stories about people who found happiness in an unlikely way: by saying no. No to buying more stuff, no to taking on additional time-filling commitments, and no to trying to please everyone all of the time.

In this book you'll also meet people who have found contentment in simplicity by spending time with their family during "staycations." You'll also read about people who cut out some of the everyday stressors in life by simply "unplugging" by turning off their smartphones and staying away from the Internet for a day. It's amazing what a little break can do.

You'll even meet people who lost almost everything, but found happiness rediscovering who they really are and turning catastrophe into opportunity. When forced to simplify because the going gets tough, the tough get creative and find ways to flourish.

Whether it's cleaning out your closets and holding a yard sale or taking a stand for your wellbeing by keeping time to yourself, there are a hundred different ways to find joy in less.

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Editorial Review

About the Author
Amy Newmark is publisher, editor-in-chief and coauthor of the Chicken Soup for the Soul book series.

Brooke Burke-Charvet is a host, actress, television personality, fashion designer and entrepreneur. She authored her first book, "The Naked Mom: A Modern Mom's Fearless Revelations, Savvy Advice and Soulful Reflections," in 2011.

Users Review

From reader reviews:

Eva Byrd:

Information is provisions for individuals to get better life, information today can get by anyone at everywhere. The information can be a knowledge or any news even a concern. What people must be consider whenever those information which is from the former life are challenging be find than now could be taking seriously which one is acceptable to believe or which one the resource are convinced. If you have the unstable resource then you buy it as your main information it will have huge disadvantage for you. All of those possibilities will not happen throughout you if you take Chicken Soup for the Soul: The Joy of Less: 101 Stories about Having More by Simplifying Our Lives as the daily resource information.

Karen Nash:

The book Chicken Soup for the Soul: The Joy of Less: 101 Stories about Having More by Simplifying Our Lives will bring that you the new experience of reading any book. The author style to describe the idea is very unique. When you try to find new book to read, this book very ideal to you. The book Chicken Soup for the Soul: The Joy of Less: 101 Stories about Having More by Simplifying Our Lives is much recommended to you to learn. You can also get the e-book from the official web site, so you can quicker to read the book.

James Butler:

The actual book Chicken Soup for the Soul: The Joy of Less: 101 Stories about Having More by Simplifying Our Lives has a lot associated with on it. So when you check out this book you can get a lot of help. The book was written by the very famous author. The writer makes some research just before write this book. This kind of book very easy to read you can get the point easily after looking over this book.

Jeffrey Price:

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professional understand the condition of the world. The condition of the world makes the information quicker to share. You can find a lot of references to get information example: internet, paper, book, and soon. You will see that now, a lot of publisher in which print many kinds of book. The book that recommended to you personally is Chicken Soup for the Soul: The Joy of Less: 101 Stories about Having More by Simplifying Our Lives this book consist a lot of the information with the condition of this world now. This particular book was represented so why is the world has grown up. The vocabulary styles that writer make usage of to explain it is easy to understand. The actual writer made some investigation when he makes this book. That is why this book suited all of you.

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