

Modern life is complex, at times overwhelming, and often, full of stress. We own too much stuff, we spend too much money, we immerse ourselves in complicated online worlds; we spend most of our time trying to juggle a million things because its what we have been conditioned to do. We can be so deeply entrenched in our habits and so guided by societal norms, that we dont know where to begin in changing things, even if we desperately want to. We are mostly aware that consumerism and wastefulness is destroying our home, planet earth, and yet we dont take a few simple steps that when combined, can and will change the future. I know all this because I myself was a victim of the consumerist illness. I cured this by cleansing my life with the principles of minimalism. I didnt take any magic pills, I just analyzed my life, honestly and mindfully, and decided to face all the things I had been ignoring for years. I de-cluttered my home, and formed a healthier more sustainable relationship with my material goods. I got myself organized, and started to approach life with clearer focus. I reviewed my use of social networks and devices, to see if I was getting any value from my online activities. I changed my spending habits, dug myself out of debt, and began saving up for my life goal: to travel the world. Minimalism wont fix you, or your life, erase your bad memories, or change the way your brain works. But its a active process that anyone can partake in if they want to get more out of their life. There are definite benefits to a simpler life, with less distractions, and I believe a major one, is achieving an inner calm. Inner calm will make you feel better, and be better, and so cleansing your life with minimalist principles is truly good for your mental and physical health. But most importantly, its good for the world, for your family and for the future of this planet. Hannah Galpin, your author, is a traveller, a blogger and an advocate of minimalist and mindful living. She has written a popular series on minimalism on her blog at nomaderhowfar.com and she felt so passionate about the topic she turned it into a book

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