



Simple Ways to be More with less

Courtney Carver

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If you have imagined a life with less, reading this book is a great way to get started. Most of us have lived our adult lives working more, to make more, to spend more, to have more. We haven't done it maliciously, but out of habit.

Our parents wanted better for us and we want better for our children, but somewhere along the way we forgot what better was.

These 27 ideas will help you be more with less. They are simple for the most part, but sometimes the smallest change makes the biggest difference. As you go through this process, you will subtract things from your life, and add other things (which aren't really "things") back in.

Living with less sometimes means adding more in the way of healthy habits to your lifestyle. You don't have to do everything in the order that they appear. You don't have to do all of them or any of them. Pick and choose the suggestions that work for you. Implement these ideas to create your life on purpose.

Simple Ways to be More with less Details

Date : Expected publication: April 11th 2021 (first published April 11th 2011)

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From Reader Review Simple Ways to be More with less for online ebook

Joy says

Quick and brief reminders on how to be content with less

I've learned in the last few years that less is more and less is peaceful- this book reinforces those concepts and gives several other resources to go to in case you want more information. It really is more of a compilation though as most if not all of the tips are from contributors. It could also stand a bit more editing, but that's the teacher in me being picky!

Daisy Leal Peterson says

Great

Meaningful. I really enjoyed the book.

Great article and the author is very admirable and keep it simple. Loved it

Lucy says

Quick read.

Good stuff.

Liked it - didn't love it.

Aletheia says

Short, sweet and filled with a variety of tips from a selection of authors. Some suggestions were common-sense, others were pleasant surprises. This was the first book I read towards the road of (possible) minimalism.

Lana says

I liked this book about making life more simple. Well written and interesting it had some very good points that I will try to remember. I highlighted some quotes....

"Shift your energy

from being right to being quiet

from being annoyed to being grateful

from being angry to being joyful

from being rushed to taking time
from eye roll to hug
from scowl to smile"

And one of the best things the book said.

" We wear the Im so busy and overworked badge like its a gold medal. Somehow we got confused and started thinking that always being busy is impressive. Little did we know that being busy doesnt mean shit." After the "Busy" season we just got through wouldnt it be nice to slow down and live some?

Prajakta Borse shankar says

The book gives a guideline on some of the most important things that a person should focus on . Good for a first timer reader. Expected more advanced approach.

Antonella Montesanti says

Interessante pure questo per un percorso di decluttering mentale e materiale. Utile rispolvero della lingua inglese

Donna says

Nothing new to me....tho I enjoy reading about others like me...heheheh. Things just aren't so important anymore....

Ketziah says

Cheery collection of perspectives on enjoying a simpler life.

Doha Helmy says

Short and simple notes anyone should consider in their life. Good presentation to get people interested in Minimalism.

Dymphy says

Simple Ways to be more with Less is a short (e-)book about minimalism. In this book, the "author" asked several other authors to write about what they think we should do more and less. Honestly, ms. Carver is more an editor than an actual writer, since I don't remember she wrote more than the preface and some words afterwards.

The ideas and tips that are presented in this book are actually quite nice to read. Perhaps you can find some inspiration in there. However, if you are a regular reader of minimalism blogs, you probably won't find anything new and the four dollar price tag would be a waste of money.

Mohit says

Very practical and life changing if implemented

This is a book I wished I had read earlier. It's life advice, if implement, can make your life much much better in all ways. Though I already practice a lot of what the book tells, it's good for anyone wanting more focus and simplicity in their lives.

Kimberly says

Fast, simple, concise read. I have probably read all these tips elsewhere, but it was still a nice review of great reminders to lead a happier, healthier, more simple life. Glad it was a free read from Amazon though.

Su says

Please note: I follow the Goodreads rating descriptions. This one gets two stars because of just that: it was ok.

The suggestions contained within are not bad ones, probably things you've heard before, but nothing earthshattering. I read it on the bus over the course of a few days, so it's not a difficult read.

Erik says

Short sensible read.
