



Choosing Simplicity: Real People Finding Peace and Fulfillment in a Complex World

Linda Breen Pierce

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This ground breaking work goes beyond the books that tell you how to simplify your life. This book reveals what has happened in the lives of real people who have done it. Based on the author's three-year study of over 200 people from 40 states and eight countries, Choosing Simplicity is a delightful and rich blend of real-life profiles and guidelines on simplicity. Interwoven throughout the stories are the author's insights and guidance for those who want to explore simplicity and those who have already embarked on this journey. The book also includes a 16-page Resource Guide with reviews of 42 books on simplicity, information on related web sites, organizations, simplicity study circles, workshops, newsletters and magazines.

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