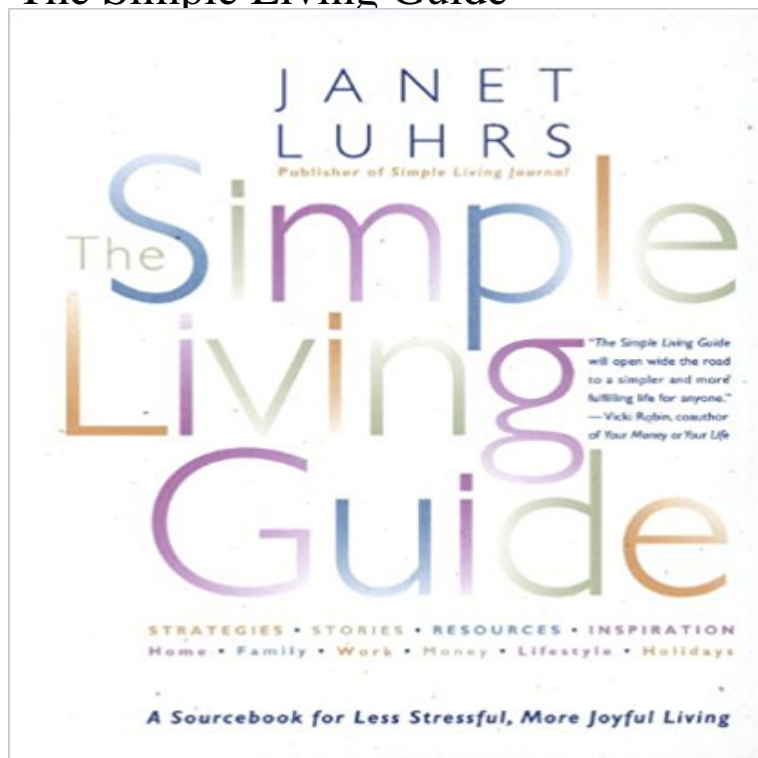


The Simple Living Guide



Whether you are looking at small solutions for cutting down the stress in your life or taking the big leap toward the simpler life, this book can be your guide. Janet Luhrs, the nationally recognized founder and editor of the Simple Living Journal, brings together strategies, inspiration, resources, and real-life profiles of people who have slowed down, overcome obstacles, and created richer lives. As Janet Luhrs says, Simple living is about living deliberately. Simple living is not about austerity, or frugality, or income level. It's about being fully aware of why you are living your particular life, and knowing that life is one you have chosen thoughtfully. Simple living is about designing our lives to coincide with our ideals. In *The Simple Living Guide* Janet Luhrs demonstrates how to live a deliberate, simpler life--and savor it. Discover Simple Living approaches to: Time Money Inner Simplicity Work Simple Pleasures and Romance Virtues Families Holidays Cooking and Nutrition Health and Exercise Housing Clutter Gardening Travel From the Trade Paperback edition.

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Whether you are looking at small solutions for cutting down on the stress in your life or taking the big leap toward the simpler life, this book can be your guide. **Summary/Reviews: The simple living guide** : Editorial Reviews. Review. Janet Luhrs provides a thoughtful and practical guide to simplifying our busy lives. Luhrs stresses that living simply is **Simple Living: Live Simple, Live Happily** Whether you are looking at small solutions for cutting down the stress in your life or taking the big leap toward the simpler life, this book can be your **The Simple Living Guide: A SourceBook for Less - Barnes & Noble** SIMPLE LIVING: The Ultimate Simple Living Guide - How To Simplify Your Life, Declutter Your Home, Reduce Stress And Be Happier Living With Less (How To . **The Simple Living Guide: A Sourcebook for Less** - Janet Luhrs, the nationally recognized founder and editor of the Simple Living Journal, brings

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Discover Simple Living approaches to: Time Money **The Simple Living Guide: A Sourcebook for Less - Voluntary Simplicity: Toward a Way of Life That Is Outwardly Simple, Inwardly** The Simple Living Guide: A Sourcebook for Less Stressful, More Joyful Living **The Simple Living Guide: A Sourcebook for Less - Amazon UK SUMMARY.** Whether you are looking at small solutions for cutting down the stress in your life or taking the big leap toward the simpler life, this book can be your **The Simple Living Guide by Janet Luhrs** Great deals on The Simple Living Guide by Janet Luhrs. Limited-time free and discounted ebook deals for The Simple Living Guide and other great books. **The Simple Living Guide: A Sourcebook for Less - The Simple Living Guide** has 927 ratings and 108 reviews. Kati said: Before you read this one, you may want to consider the irony of a 400+ page book on s **The Simple Living Guide by Janet Luhrs - Reading Guide** The Simple Living Guide. Reducing consumption through simplification is one tool for working toward goals of financial independence. **Books on Simple Living - The Simple Living Guide: A Sourcebook for Less Stressful, More Joyful Living Paperback** November 3, 1997. In The Simple Living Guide Janet Luhrs demonstrates how to live a deliberate, simpler life--and savor it. As Janet Luhrs says, Simple living is about living deliberately. **The Simple Living Guide by Janet Luhrs OverDrive: eBooks** In The Simple Living Guide Janet Luhrs demonstrates how to live a deliberate, simpler life--and savor it. 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