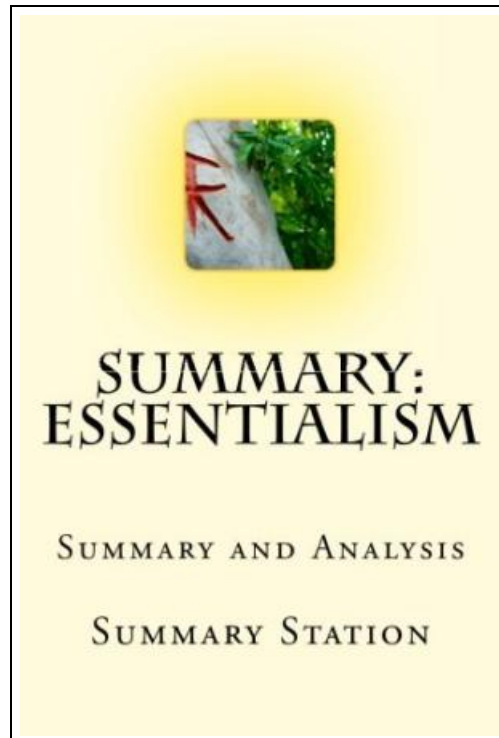


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Learn How To Become An Essentialist In A Fraction Of The Time It Takes To Read The Actual Book!!! Get this 1# Amazon bestseller for just \$2.99. Regularly priced at \$9.99. Read on your PC, Mac, smart phone, tablet or Kindle device Essentialism is a great book for anyone who would like to improve their life by accomplishing important goals. This book will teach people how to reduce the amount of stress they feel in addition to increasing the energy that they possess. The teachings found in essentialism have been around for thousands of years, but they have not been utilized by many people in the Western Hemisphere. Many intellectuals and spiritual masters from the Eastern world have been teaching these principles to anyone who would listen. The book starts out by displaying real world examples of people in the Western Hemisphere who have benefited from these teachings. The concept of essentialism is broken down into about four different steps that make it easy for anyone to learn how to become an essentialist. The essentialist mindset is examined in comparison to the non-essentialist mindset. The Western world has promoted many non-essentialist values and by understanding these values people can stop incorporating them into their lives. Here Is A Preview Of What You ll Learn When You Download Your Copy Today How Essentialism Is Different From Non-essentialism The Reason Why Essentialists Have Less Stress Learn Why Hard Work Alone Is Not enough Download Your Copy Today! The contents of this book are easily worth over \$9.99, but for a limited time you can download the summary of Greg McKeown s Essentialism for a special discounted price...



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