



## Less: A Book about Personal Minimalism

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By Wayne Jones

Createspace, United States, 2013. Paperback. Book Condition: New. 224 x 147 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The book is about the psychology of personal minimalism, about how the tendency to lead a minimalist life in your possessions and domestic space affects other aspects of your life - everything from relationships to perfectionism, consumerism to control, happiness to solitude. Why do minimalists do what they do? How do they benefit? What are the advantages and disadvantages of living sparsely?.



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