



Minimalism - A Fast Guide To Learning To Live The Minimalist Lifestyle In 7 Days Or Less (Minimalis, Learning Minimalism, Minimalism, Minimalist)

Karen Asheville

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Minimalism

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What is minimalism? It doesn't mean living with nothing or living in poor conditions. Minimalism doesn't mean you have to be impoverished or destitute. It doesn't even mean to live with many limitations. In fact, minimalism means freedom: freedom from the oppression of fitting in to a society that is living with so much covetousness. Freedom from the persecution of always having the trendiest clothes and shoes; freedom from the tyranny of people who tell you what to buy, where to go, and what to do with your life; freedom from gluttony that keeps you overweight and unhappy.

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