



# You Can Buy Happiness (and It's Cheap): How One Woman Radically Simplified Her Life and How You Can Too

*Tammy Strobel*

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## You Can Buy Happiness (and It's Cheap): How One Woman Radically Simplified Her Life and How You Can Too Tammy Strobel

While the new field of happiness research makes headlines, and the 99% face austerity at every turn, blogs like *The Art of Nonconformity*, *Zen Habits*, and *Miss Minimalist* attract millions looking to find more happiness, community, and fulfillment in less stuff, less debt, and less wage-chasing. Tammy Strobel and her husband are living the voluntary downsizing — or smart-sizing — dream and here she combines research on well-being with numerous real world examples to offer practical inspiration. Her fresh take on our things, our work, and our relationships spell out micro-actions that anyone can take to step off the getting-and-spending treadmill and into a life that's more conscious and connected, sustainable and sustaining, heartfelt and *happy*.

## You Can Buy Happiness (and It's Cheap): How One Woman Radically Simplified Her Life and How You Can Too Details

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# **From Reader Review You Can Buy Happiness (and It's Cheap): How One Woman Radically Simplified Her Life and How You Can Too for online ebook**

## **Kathryn says**

I am always drawn to books about rearranging, changing and refurbishing ones life, house or both. This book was well put together with lots of references to back up here thoughts on simplifying and downsizing. I will never move into a tiny house, but I am always looking at ways to simplify.

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## **Lou says**

I really enjoyed this book. It inspired me to do a social media detox for 1 month. No Facebook, Instagram or Snapchat (the main 3 I was using) I did decide however to allow myself to use sources of social media and communication such as Goodreads, e-mail and WordPress to keep up to date with my blog and to also document my journey.

I would have never thought of this if I didn't pick up this book. I have had many thoughts of deleting Facebook altogether, however I want to experience how life would be by going cold turkey for a month and reassessing it after the detox.

Tammy has written this book in an exceptional way. She comes across so genuine and gentle natured, unlike other books I have read, which their ideas are rammed down the readers neck, Tammy suggests what she does and makes it an idea for the reader to think of.

I've thoroughly enjoyed this book, I wish all my friends would take the time to read it. It has also inspired me to volunteer, and I have since applied at the Red Cross, and am awaiting confirmation.

This is an amazing read if you want ideas on how you can simplify your own life and smart-size your belongings. The book goes through so much more than that, and I can't express enough how great Tammy delivered what she put together. She is not afraid to write about her relationship arguments as maybe some authors would be reluctant to do, and it was as if she didn't do it to get that kind of review. She genuinely put it in there to paint a realistic picture and I take my hat off to her for that.

I hope one day in the near future she brings out another book which is just as inspiring as this was. In the meantime, I shall follow her blog :)

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## **Michael says**

This has to be the most incredible book that I have read this year simply because it hit home so closely. For years I have said that I want to be a minimalist and own as little as possible so that I can focus on what is important in life.....LIVING! Our stuff really and truly gets in the way of our goals, ambitions and life itself.

We seem to try to buy bigger and better things to improve our lives but that seems to actually have an adverse affect on us. We acquire and hang onto stuff and surround ourselves in a sea of meaningless things which obscure all that is really important.....living the life we desire. Tammy shows us in this book how she and her husband simplified their lives by getting rid of all the excess and focusing on living. Since I read this book I have started to take stock of my own life and look around the house to see what is really important. I have so much stuff that is unused that it really doesn't mean anything to me. So.....I am getting rid of all my excess stuff now. I plan on moving from my 1400 sf home with 1 acre of yard and landscape to a much smaller space....probably around 400 - 500 sf. I quit watching TV 2 months ago and that really freed up a lot of time. Since reading this book I have been giving so many things away to friends and co-workers. I feel less burdened now and I have just scratched the surface. I am extremely excited and can't wait to finally have an Efficient life from here out.....THANK YOU TAMMY FOR GETTING ME KICK STARTED!!!!!!

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### **Wendy Phraner says**

I adored this book. Tammy is so inspiring! I admire her for all that she has done (and continues to do) to lead a grateful, simplistic, happy life. It's not often that I give out 5 stars, but I that's how much I enjoyed this book!

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### **Frank says**

...You Can Buy Happiness is a blend of the story of Tammy's personal journey into minimalism, the stories of fellow bloggers, and suggestions about how to take a similar journey in your own life. Really, this isn't that much different from RK itself, which may be why it works. Tammy's strength is teaching through story and her own personal discoveries, so it makes sense that she does the same when she writes a book....

Full review available here: <http://shelfofwonders.wordpress.com/2...>

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### **Janet says**

I very much enjoyed this brief, friendly, inspiring book. I've been getting started with downsizing/rightsizing for a couple of months, and I got an immediate dose of encouragement from reading Tammy's story and her "micro-action" tips. I've never thought of myself as being particularly materialistic or competitive in my lifestyle, but this book opened my eyes to my culturally-shaped expectations of the kind of lifestyle I'm "supposed to have" as a middle class adult.

The question is not "How affluent a lifestyle can you afford?" but "What kind of lifestyle best supports what you \*truly\* want?"

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### **Jettie says**

READ THIS! Author Tammy Strobel encouraged me to (1) identify what makes me happy (what "sings" to

me), (2) simplify my life to maximize my happiness, (3) Calculate how large a house I need/want, (4) list what I value and structure my life to reflect my values, (5) give time, not money, to charities.

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### **Dori says**

This is a thought provoking book on "simple living." I appreciated the interviews she did with people who are simplifying their lives in creative ways. Makes you realize there are a lot of different ways to approach the idea of "simplicity" in your own life! Although the author takes simplicity to a level that I would perhaps find uncomfortable (selling both her and her husband's two cars, living in a custom built 128 square foot mini house, etc.), I found her example inspiring nonetheless. It made me look at my life through new eyes. Ultimately, it challenged me to find ways I can simplify, live more frugally, "find joy in the tiny pleasures" each day holds, nurture my relationships/develop my community, and ultimately focus on "loving life, not stuff."

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### **Diana Baur says**

This book is not a preachy, you-should-be-simplifying bible, but rather a clear, succinct explanation of how simplifying and de-cluttering is a step-by-step life choice process that can lead to so many positive outcomes. Well written and edited, I look forward to more of Tammy's books in the future.

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### **Val Shameless ?? Steamy Reads ?? says**

#### **I feel like the asshole I am for not liking this more...**

But it was kind of a hot mess.

It was ALL over the place and the writing was...just not very good...which it pains me to say as the author talked endlessly about how writing was her passion and how she followed her dream - for which I greatly admire her.

But the sweetness and genuinely good heartedness exuded by the author does not negate the fact that this was a rough read. She jumped all over the place and became very repetitive throughout. I don't regret reading the books as there were definitely some meaningful nuggets of information, I just wish the book would have been more fluid and cohesive.

She talked a lot about giving up her car, biking everywhere, the community at large, and becoming more "involved" in said community...which I appreciate on a surface level...but just get nauseous thinking about when it actually comes down to it.

In short, I'm too much of a complete ASSHOLE for this book. The thought of meeting up with a cycling group of strangers to discuss co-op vegetables makes me want to hurl. Which is why I'm probably going to hell.

But hey, at least I'll do it with less stuff.

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### **Donna Parker says**

This is a must read and so terribly relevant in these times.

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### **Neens Bea says**

I simply cannot recommend this book highly enough! I stumbled across Tammy Strobel's blog last week, downloaded the book to my Kindle from amazon.co.uk (I'm not sure if it's out yet in print) and devoured it in just a few days. It resonated perfectly with me; in fact, I've already completed many of the action steps suggested in the book. We've all heard the saying of how the things you own end up owning you, but in my opinion, no one has ever explained it so well and revealed the full extent of this truth better than Tammy Strobel. The book would be worth buying simply for that reason alone.

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### **Kate says**

It seems like every 10 years or so, a book comes along that nudges us toward what really matters in life. This is that book for the younger generation. Tammy Strobel, the blogster for Rowdy Kittens, explains how she and her husband let go of their comparatively lavish lifestyle and went tiny. As someone considerably older than her, I'm amazed that she packed so much into the relatively short period of time between college graduation and her current simplified life. Amusing when someone so young can describe her past self as "the old Tammy"!

I enjoyed this book. Knowing something about the limitations of tiny house living (zoning ordinances and the need for water and electricity being just a couple of them), I know that attaining this lifestyle isn't quite as easy as throwing up a tiny house and hooking it up to the sewer. Our mega-corporate society militates against this sort of thing. They rented space in the backyard of a friend in Portland, for instance--using a hose for water and plugging into the friend's electricity somehow. Now they're living, I believe, in the yard of her husband's family in Northern California, again, plugged in to their grid. Nonetheless, the dreamers among us show us what's possible, and that I really liked about Stobel's work.

At 53, I'm single, I don't own a home, and I'm staring down a retirement I can no longer say I'm prepared for. I had some savings in 403B's from a variety of nonprofit jobs I've held, and a small pension from work I used to do. It would be impossible for me to live on that money, now that Wall Street and the banks have stolen so much of it. It looks like Congress is going to wipe out much of what I've had stored up in Social Security. What to do? I know I am not alone. There are millions of people in my boat, who've lost so much due to the economic downturn or will lose so much because of the bankster's crazy interest on student loans. So, in spite of the drawbacks, Tammy's approach is looking pretty good.

I went to my closet to start simplifying my wardrobe. Immediately, I gave Good Will three big bins of clothing. Tammy suggested choosing 33 items that you'll wear exclusively for the next 30 days. The 33 items excluded workout clothes and underwear (and I'm assuming socks), but included everything else. I couldn't do it. I have a dress-up job. I hate my dress-up job. It's not me at all, but it's the job I've got. Plus, we've got a change of seasons coming up on us. In the Midwest, temps aren't quite so moderate as they are along the

coast. We go from 10 below zero to 50 above in the course of a week during the winter. Tammy indicates, though, that nothing she writes is cast in concrete. She emphasizes, "do what works for you." So, I decided on a compromise for myself. And, another thing she emphasizes, it takes time to winnow down. So, maybe next year, I'll be in a position to fit into a smaller space.

I liked this book a lot. GREAT references and resources mentioned throughout, and conveniently listed in the back in footnotes and resource sections. I found her to be a delightful writer. Her blog is also pretty terrific. Check it out.

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### **Helen says**

Lots of practical, not preachy, information. I even enjoyed reading the endnotes for goodness sake!

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### **Starr says**

I'm not going to live in a tiny house trailer anytime soon, but I thoroughly enjoyed reading about Tammy Strobel's metamorphosis from a materialistic, diamond-loving lady into a successful writer who lives in a home the size of some people's closets. I find that when you're surrounded by pretty excessive consumerism, it's useful to read books like these regularly so that you don't feel so alone in fighting the urge to buy everything in sight. We've spent the past couple of years purging our lives of glorified junk--it's a relief, really--and I came away from this book feeling like we're still on the right path.

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