



Simple Living - 30 days to less stuff and more life

Lorilee Lippincott

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Need a bit more simple in your life but unsure where to start? Simple Living is written for you. Using minimalist principles I have created a 30 day course, taking less than 1 hour a day that I guarantee will give you a simpler life.

Simple Living's 30 days balances both tangible clutter as well as intangible clutter. This is not a course about cleaning. This course and these lessons are about change. Not only will you have a simpler and cleaner home after this course but the steps have been put in place for it to stay that way.

This course is created to tackle thirty different clutter areas, showing you where they are and how to start working with them. After the course you will have the skills and tools to keep working in the areas that you personally still need to work in.

This course is created to answer the question "Where do I begin?" and "How do I start?"

If you will commit to 60 minutes for 30 days I guarantee you will see dramatic change.

Simple Living - 30 days to less stuff and more life Details

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From Reader Review Simple Living - 30 days to less stuff and more life for online ebook

Priscila Moraes dos Santos says

I'll probably not declutter my home in just 30 days but the author gives some really interesting tips on how to choose what to keep and what to throw away or donate. I'll definitely go back to this book soon, some chapters are very useful.

Jim Burke says

This book had some very practical advice about reducing clutter and living a simpler existence. The author has put all of this into practice, so she knows what she's talking about. She obviously is passionate about helping others, and that is where the book admirably succeeds. I skipped the final section because the author talks about religion far too much for my taste. To each their own, but overall, the book is well worth checking out.

Tanya says

This book is very much like other simplifying and decluttering books. She does a good job of breaking tasks down into small steps. I'm feeling challenged to try 30 days to less stuff, but I would probably set my own 30 tasks using hers as a guideline. I like the idea of committing to only 30-60 minutes a day. That seems very doable.

Su says

Everybody's doing minimalism--although this book may have come out ahead of the current craze (I'm not sure when it began). Good suggestions, especially for families with kids. Definitely more fun to read than some other minimalist books. Not wild about the occasional suggestion that I should check out her blog--if you're a blogger who writes a book, the book needs to be able to stand on its own, IMO.

Momma Frugal says

I wanted to share a few excerpts from the book that really hit home with me.

1. "You are not your stuff and your stuff doesn't define you"!!!! I LOVE that sentence!
2. "Your stuff isn't your memories"!!!!
3. "Your stuff doesn't dictate your economic value, yourself worth, or importance"!!!

And she is so right!! Our stuff doesn't define us at all! If we lost all of our worldly possessions, would it matter? No, not really. As long as my family and our pets are safe, that is all that would matter. STUFF can be replaced. Our family and friends can't.

Reading this book made me realize too that life is too short for drama and stress. We all know we aren't promised tomorrow, so we need to live each day to the fullest. Is it worth feeling stressed when you walk into your home? NO!

I am planning to incorporate some of the suggestions the author discusses in the book. What is it worth having all of this "stuff" when there isn't time to even USE it? And it really is silly buying more storage products to keep STORING more stuff!!

I highly recommend everyone to read this book! Folks, it's time to "simplify and de-stress"! I borrowed this book from our local library in order to do this review

Pamela (Lavish Bookshelf) says

Maybe you have read some really great books on the concept of minimalism and have embraced the idea. Now you can use Lorilee Lippincott's "Simple Living: Thirty Days to Less Stuff and More Life" in order to get moving towards your downsizing goal.

Simple Living can give you some very practical tools that can be used as a downsizing checklist on a path towards a simple life. Simple Living doesn't explain the "Why" of simple living as much as it details the "How" of it all.

Focusing on one task per day, Lorilee Lippincott's ebook contains 30 tangible tasks that can help you with your downsizing goals. Some of the assignments are quick and fairly painless, such as utilizing the library more. Some of the assignments are a lot more tricky, such as the "dead plants" which are defined as items in your life that you hang on to because they are good, but that you might need to confess really do not define who you are anymore.

Simple Living is a guidebook for a 30 day overhaul of your life. If it takes more than 30 days, that seems ok too. The advice in this book is solid and very helpful, so whether you take 30 days or 30 months to complete all of these assignments, at least you will know you are moving in a positive direction towards downsizing.

I received this book complimentary in exchange for an honest review but the opinions in this review are all mine.

David says

Outstanding advice. I love the friend-standing-next-to-you voice Lorilee chose to write in. She is motivational and her book is loaded with practical advice in easily accessible bites.

If you ever wanted to deaccumulate or declutter and didn't know where to begin, this is it!

I've already begun to take her advice. And my wife and I have talked on our Sabbath about how we want to reread together. Then we're going to work as a team to simplify, deaccumulate, and put into practice this minimalist lifestyle laid out in *Simple Living*.

Do yourself a kindness . . . read it. Do it!

Erin says

If you're craving a bit of simplicity in your life, then *Simple Living: Thirty Days to Less Stuff and More Life* is for you. It's one of those practical little books whose main purpose is to deliver results. You don't have to be an aspiring minimalist, and you don't have to count your possessions. All you have to do is follow Lorilee's clear, easy steps to start seeing big changes in your life.

Simple Living touches on your physical environment, as you'd expect, but in some ways you might not have considered before. For instance, have you ever thought about what's on your fridge? Or how about what's taking up real estate in your bedroom? Lorilee will teach you to see your living space with new eyes.

Simple Living also extends the idea of simplifying into other areas of your life, including scheduling, meal planning, and money, to name a few. And Lorilee doesn't just throw things at you haphazardly -- the book begins and ends with an exploration of your personal vision, so that your journey into simplifying is grounded in why you're taking it in the first place.

Throughout the book, Lorilee gives you glimpses into how her family has applied the very same principles she is teaching you and how doing so has brought simplicity and order to their lives. If you're looking for practical simplifying strategies you can implement right away, then grab a copy of *Simple Living* and start in on the lessons. You'll begin to see and feel the difference immediately!

Catherine Gillespie says

Simple Living – 30 days to less stuff and more life was helpful for me in that phase and I think it's a good short introduction to getting organized and paring things down if you haven't gotten into that sort of thing before, or a good refresher if you've read other, longer books on the subject.

The book contains suggestions for how to pare down your stuff, your commitments, your schedule, and your responsibilities not just for the sake of minimalism or asceticism, but so that you can free up time for the things and pursuits and people that are really important to you.

{Read my full review here}

Kim Browers says

As a semi-professional organizer (and still actively simplifying my own life), I was impressed by the approachability and organization of this book. Each chapter marks an exercise for a day, for a total of 30 exercises. These steps, when taken, can start someone down the daunting path of decluttering and

minimalizing their life. The exercises were simple, and really great ideas. I would recommend this to all my clients and intend to read it several times myself!

Christine says

This book has a plethora of clutter clearing ideas, set in a 30 day plan. It would be a lot of work, and impossible to manage in 30 days unless you did not have employment outside of the home. She does discuss physical clutter, mental clutter, meal clutter, etc, but, when done, you won't have necessarily have cleaned out your house. Instead, she suggests you create another 30-60 days of projects for yourself based on your beginnings with this book.

If you have not read anything on clutter busting and simplicity, this book covers most of the topics you need. For two classics on these topics, see Luhrs -The Simple Living Guide for an inspirational set of ideas and profiles of people living the simple lifestyle, and Kingston - Clear your clutter with Feng shui.

Richard says

As someone who has consumed a ton of books on time management, organisation and efficient living, I didn't expect to find anything new in this book -- but was pleasantly surprised!

Author Lorille Lippincott is a advocate of minimalism -- simple living -- and the concepts she shares in this book go beyond just removing household clutter and de-junking and into changing your life to focus on the things that are important to you above all else.

The chapters are short and easy to read and give plenty of ideas and links to further reading. While I was familiar with a lot of the concepts shared, they were good re-enforcement, and I found myself exploring a number of the minimalist lifestyle blogs that the book shared which I was previously unaware of.

For anyone feeling they have too much stuff in their life -- both in terms possessions and "things" going on -- this is a recommended read.

Melissa says

This book has everything. It's the perfect choice for an family or individual who wants to live intentionally and simplify their lives but have no idea how to get started. Lorilee Lippincott breaks everything down in easy to digest, bite size pieces. It covers everything from email to your daily diet and everything in between. Simple Living 30 Days to Less Stuff and More Life will have you living an intentional and simple life in no time!

Cora says

This is one of the best and most practical minimal/simple living books I've read. It goes through thirty days and each day has info, an assignment and extra credit. Whether you're just getting into the idea of simple living or have been doing it for a while, I'd recommend this book either way. I've read other Christian books about simple living/minimalist and they were not very good. This author is Christian but she only mentions it a few times and this book is so good that I'd recommend it to everyone. I think the best thing to do is read the book completely through, it's short so it shouldn't take too long (maybe try out a few of the assignments as you go but just keep reading through all of them). Then once you finish, go back through from the beginning and take the time to do each assignment. They do not have to be done in order, so if you get stuck on one or just can't get into it - skip it, bookmark it and come back to it later.

Jen Clause says

It was a quick read on the plane on my way home from a Haiti mission trip...where life is definitely simpler...I thought it had some good points...in the American culture, you are going against the norm when you attempt some of the things in this book...the result is you are less attached to stuff and more connected to what really matters to you...something we all want! It addresses all aspects of your life inside and out...how to live intentionally according to your values...
