

Minimalism



Josh Becker, on his website *Becoming Minimalist*, writes that "Minimalism is the intentional promotion of the things we most value and the removal of anything that distracts us from it." He encourages us to figure out what we really want in our lives and to get rid of, and don't buy more of, anything that distracts us from our goals. He says that through this process we will end up "finding more life, by owning fewer possessions."

Becker describes that Minimalism requires a strong conscious commitment because it is a counter-cultural lifestyle that stands against the materialism and over-consumption surrounding us today. Contrary to the advertising we are continually bombarded with, Minimalism reminds us that true happiness doesn't really come from stuff.



Becker adds that Minimalism requires us to question our goals and values - and instructs us to make our choices mindfully and intentionally about what we buy, own, and keep: Does this item help me fulfill my purpose, help me live the life I want to be living, support my passions? He speaks of how a Minimalist lifestyle ultimately saves us money, saves us time (less shopping, less household chores), benefits our mental and physical health, fosters peaceful and supportive environments, and frees us from the modern mania of materialism. His ideas about the benefits of decluttering and

conscious consumption resonate deeply with my own. Ah *space to breathe*.

Karen G. Kramer - Space to Breathe

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In addition to the rich personal benefits of Minimalism, I was drawn to this philosophy because of my concern about the environment. **Less stuff** (including the "costs" of its production, its packaging, its maintenance, and its disposal) **equals less drain on our precious natural resources** - a particularly important issue to be addressing at this time.



Begin to let go of things that no longer serve you, your goals, and your values.

Be very mindful of what you bring into your home and your environment.

"Find more life, by owning fewer possessions."

Josh Becker is the author of four Minimalism-themed books:

Living with Less: An Unexpected Key to Happiness
Clutterfree with Kids
The More of Less
The Minimalist Home