



Essentialism: How to use the Pursuit of Less to Live a Simpler and More Fulfilling Life

Elisa Howard

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Thousands in the world are looking for ways to improve their lives but most are looking for the answers in the wrong places. Are you one of those people for whom the answers to the fulfilment life has to offer are elusive? Do you want genuine fulfilment and are you willing to work towards it even at the cost of what you might have believed in all your life?

Your answers are closer than you might have hoped for or thought, all carefully expressed and explained in this book on essentialism. The book guides you by:

- Leading you into essentialism and showing the benefits
- Explaining how you can survive your first days as an essentialist
- Showing you the ropes of how to make it as an essentialist
- Encouraging you and showing you ways to push on in the face of opposition.
- Highlighting some areas of change you might never have thought can affect your life, among other things.

Most people are looking for fulfilment in possessions and getting more and more stuff. Through the points highlighted above and more, this book aims to show you just how those things you are in search of are actually the reason why fulfilment is eluding you and therefore guide you into a genuine way of finding simplicity, fulfilment and true joy in a way that will save you money rather than cost you money.

This is a fool-proof way that you will never regret knowing about. Go for it now.

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