

Simple Ways to Be More with Less

By Courtney Carver

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Simple Ways to Be More with Less By Courtney Carver

If you have imagined a life with less, reading this book is a great way to get started. Most of us have lived our adult lives working more, to make more, to spend more, to have more. We haven't done it maliciously, but out of habit.

Our parents wanted better for us and we want better for our children, but somewhere along the way we forgot what better was.

These 27 ideas will help you be more with less. They are simple for the most part, but sometimes the smallest change makes the biggest difference. As you go through this process, you will subtract things from your life, and add other things (which aren't really "things") back in.

Living with less sometimes means adding more in the way of healthy habits to your lifestyle. You don't have to do everything in the order that they appear. You don't have to do all of them or any of them. Pick and choose the suggestions that work for you. Implement these ideas to create your life on purpose.

Simple Ways Reviews:

"If you are looking for a way to jump-start change in your life and begin simplifying right now, Simple Ways to be More with Less is the perfect stepping stone. From simple food recipes and ways to reduce debt, to step-by-step action plans for reducing clutter, every page is full of helpful and inspiring material that will make you think, learn, and move into action." - Raam Dev

Simple Ways to be More with Less rocked my world. The book is loaded with practical tips, tools, and advice. Courtney is open, honest and shares a wealth of information. Pick it up today. You won't be sorry. - Tammy Strobel

"Whether you are seeking to embrace a minimalist lifestyle or want to find a more peaceful way of life, Project 333 founder Courtney Carver's e-book Simple Ways to Be More with Less is an excellent resource. She outlines meaningful changes that are simple to make in the same warm, friendly, eternal-student tone that makes her blog such a delight to read. Interspersed with her thoughtful guidance are excellent essays from her mentors in simplicity, including Leo Babauta, Tammy Strobel, and Joshua Becker among others. I've already begun integrating several of Carver's ideas, and I look forward to trying out more." - Beverly Army Williams

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