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## **Mastering Minimalism – Eight Steps to a Life of Less Stuff and More Freedom – Emily Josephine**

[Mastering Minimalism](#) by Emily Josephine is a great book. If you are a seasoned minimalist you will still enjoy this book. If you are new to the topic, you will love Emily's 8 steps to get you into action. Another great thing about this book is that for now, it is FREE.

[Click here](#) to download it. (Do check that the BUY NOW price is 0 as they don't keep these books free forever.)

I love so many things about this book. Perhaps my favorite part is that Emily Josephine is a lady after my heart. She places just the right amount of humor in the book to keep you wanting to read more.

I don't want to steal her thunder, but here is a sample of her humor at the beginning of the book.

I'm sure you've heard most, if not all, of the following reasons to move toward minimalism.... After all, I don't want to fill your reading device with fluff that has nothing to do with the topic at hand, RIGHT? Don't you hate it when you read a book and the author gets totally off track and goes on and on about something that you couldn't care less about, something completely unrelated to the book's title or its general content? Speaking of book titles, you wanna hear the funniest title I've ever --- Huh? Oh, I got off topic. FLUFF. So sorry.

I loved it. Reminded me of the late Erma Bombeck with her dry wit.

Anyway, if you loved that little segment, you will love this whole book. It is not a long read, so I will just hit the first 6 main topics which are all covered in chapter one. You will enjoy [Mastering Minimalism](#).

It truly, in a short few chapters, explains how to really get fully into minimalism and points out so many of the advantages.

Reason Number 1 – You save money. Minimalists typically spend less money than other people.

Reason Number 2 – You don't need as big of a house when you are a minimalist. You have fewer material goods so you need less storage area. Your mind is not geared towards acquiring “STUFF”.

Reason Number 3 – You have less work, fewer things, less square feet to clean. Win-win. Minimalists do not have to have big houses.

Reason Number 4 – Your home is less likely to be burglarized as burglars look for big-ticket items. A small house is normally not full

of these expensive items meaning your chances are greatly diminished in being broken into.

Reason Number 5 – You help save the planet. You break from the consumer mindset and this helps save the planet in two ways.

1. Fewer things manufactured means fewer of the earth's resources are consumed. Less consumption, less pollution.
2. Many new consumer goods sold like these are being manufactured overseas where labor is very cheap and people are not paid fairly.

Reason Number 6 – You gain freedom.

The more stuff I have the less freedom I have.

The more stuff I have the less freedom I have.

The more stuff I have the less freedom I have.

Good phrase to repeat until it really sinks in.

Owning many material goods diminishes your freedom. A simpler life leads to emotional freedom in several ways.

These first 6 reasons are just in the first part of the book in chapter one which is only 24% of the whole book. Check it out and you will be blessed. I hope she writes some more so I can be entertained by Emily's sharp wit.



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