



Goodbye, Things: On Minimalist Living (Paperback)

By Fumio Sasaki

Penguin Books Ltd, United Kingdom, 2018. Paperback. Condition: New. Language: English . Brand New Book. Meet the new king of decluttering - The Times Take your spring cleaning to the next level with Goodbye, Things by Fumio Sasaki - Parade There s happiness in having less. If you are anything like how I used to be - miserable, constantly comparing yourself with others, or just believing your life sucks - I think you should try saying goodbye to some of your things Fumio Sasaki is a writer in his thirties who lives in a tiny studio in Tokyo with three shirts, four pairs of trousers, four pairs of socks and not much else. A few years ago, he realised that owning so much stuff was weighing him down - so he started to get rid of it. In this hit Japanese bestseller, Sasaki explores the philosophy behind minimalism and offers a set of straightforward rules - discard it if you haven t used it in a year; be a borrower; find your uniform; keep photos of the things you love - that can help all of us lead simpler, happier, more fulfilled lives.

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Reviews

This publication is wonderful. It normally is not going to expense too much. Its been printed in an extremely straightforward way in fact it is merely following i finished reading this publication where actually transformed me, modify the way i really believe.

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This publication is very gripping and interesting. We have go through and so i am confident that i am going to planning to read through yet again again in the foreseeable future. You are going to like how the blogger write this ebook.

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