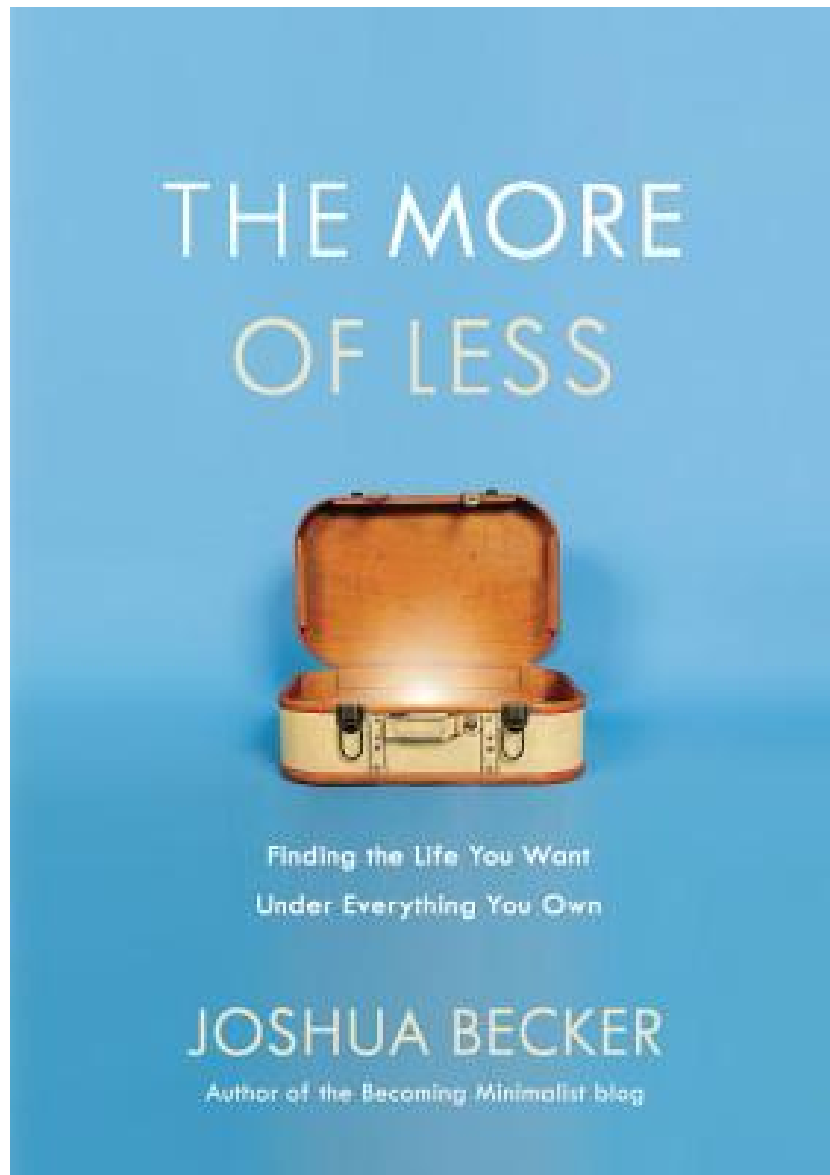


# The More of Less: Finding the Life You Want Under Everything You Own Book PDF Download



**By:**  
**Joshua Becker**

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## What people Say:

### Rachel Willard

There was nothing new here compared to his other books and other authors have done better with this subject. I also didn't appreciate the gratuitous amount of Christian preaching that this book had. There should have been a disclaimer on the back that this was a religious book.

### Joana - Ler Com Lobos

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## Emma Sea

A very good book if you are considering cutting down on your stuff and just want a nudge to take the plunge. If you've already made that decision this will not be as useful.

## Sarah

So I've been a minimalist for a solid year and a half now and it's been almost two years since I

started researching and toying with the idea of it. For a while I said I was on a "minimalist kick," but clearly it's not just a kick anymore.

Joshua Becker's blog, *Becoming Minimalist*, has been one of my favorite resources as I've progressed on my minimalism journey, so even though I'm nowhere near the beginning of my minimalism journey and have read a lot of his stuff, I was still excited to pick th

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Joshua Becker's blog, *Becoming Minimalist*, has been one of my favorite resources as I've progressed on my minimalism journey, so even though I'm nowhere near the beginning of my minimalism journey and have read a lot of his stuff, I was still excited to pick this up.

This is an excellent starting place for anyone who is thinking about shifting to a minimalist lifestyle. Becker goes through and discusses the why of minimalism, the various benefits of minimalism ranging from less stress to better health to more time to more money and everything in between, and continues by giving you specific action steps and ideas for doing an initial decluttering of your home and continuing to experiment with less in different ways until you find the right balance for your own life. He shares stories about his personal journey with minimalism, along with the stories of many other prominent people in the minimalist movement, many of which I had read, but many of which were also new to me.

Though I'm basically done with the initial decluttering of my home (still have to tackle that kitchen), I still really appreciated Becker's insight and thoughts on the value of simplifying your possession and your life. If you're at all considering minimalism, I would definitely recommend checking this book out. You will not be disappointed.

**Gina**

To be honest, I skimmed this book, and I did so because:

1) I'm at the point where I'm more interested in practical application and exercises, not personal stories. A bit of that is fine, but every minimalist blogger/author has a story of how they came to to minimalism, and those stories aren't that different.

2) Religion. Becker is a Christian, and he states in the introduction that he's included bible stories as support of the minimalist lifestyle. Fair enough. That's not my cup of tea, as they

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