



Lighten Up

By Walsh, Peter

Simon & Schuster, 2011. Paperback. Book Condition: New. 22 x 27 cm. In *Enough Already: Clearing the Mental Clutter to Become the Best You*, the process was taken a step further, exploring the impact that clutter has in our emotional and spiritual lives. The big question is: Now what? You've decluttered your home but what are you left with? For many people, it's some of the same feelings of wanting more and feeling deprived that you can't have everything you wish for. Many of us have never, in our entire lives, had to make the tough decisions about how to buy less, consume less, live with less, and embrace the entire concept of "less is more." Today, with the changes in the economy affecting our very homes and livelihoods, less is no longer a choice but a [Url removed] *Lighten Up* offers a roadmap for all those struggling with the lingering desire for too much stuff, on the one hand, and too little resources on the other which leads to a life that is essentially a financial and emotional lie. This is a book for each of us now called, by choice or force of circumstances, to make significant changes in our long-term...



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