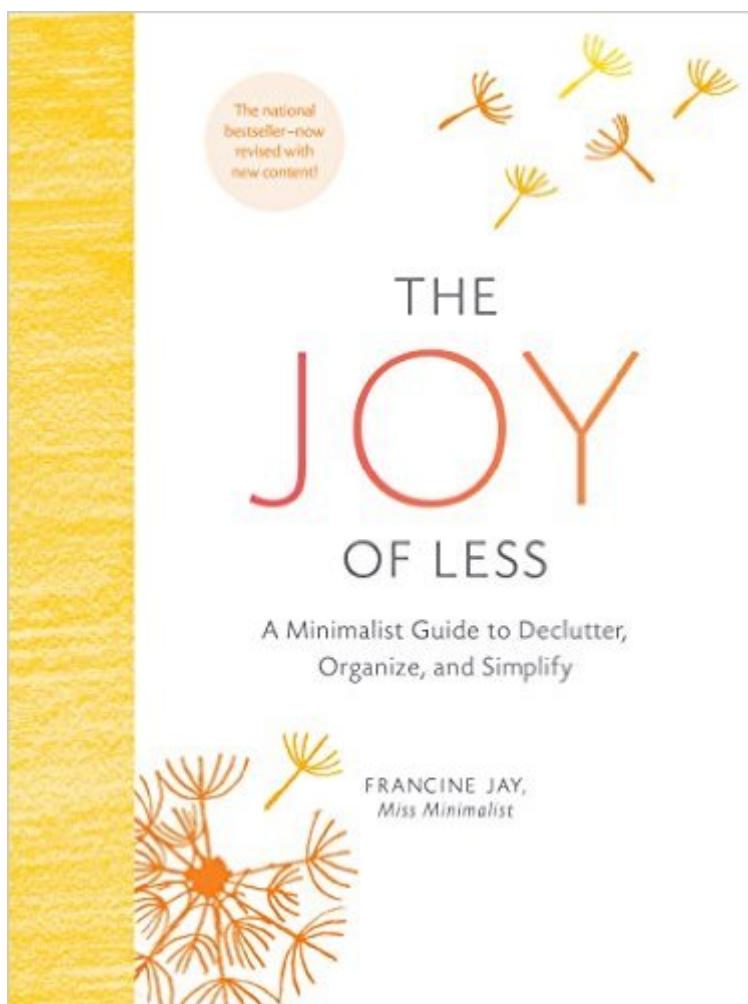


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# The Joy Of Less: A Minimalist Guide To Declutter, Organize, And Simplify (Updated And Revised)



## Synopsis

Francine Jay pioneered the simple living movement with her self-published bestseller, *The Joy of Less*. In this fully redesigned and repackaged editionâ "featuring never-before-seen contentâ "Jay brings her philosophy to more readers who are eager to declutter. Rather than the "crash diet" approach found in other tidying up books, Jay shares simple steps to cultivate a minimalist mindset and form new habits, paving the way to lasting success. Her easy-to-follow STREAMLINE method works in any spaceâ "from a single drawer to a closet, room, or entire house. What's more, it can be called upon during clutter-inducing life events such as moving, getting married, having kids, or downsizing. With an airy two-color interior design and lovely hardcover package, *The Joy of Less* is a refreshing and relatable approach to decluttering that belongs in every home.

## Book Information

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## Customer Reviews

Wow! If you are looking for a comprehensive handbook on minimalism, decluttering, streamlining, and essentially re-wiring your preconceptions about why you have the stuff you have, this is the book for you. Francine Jay, aka Miss Minimalist to those in her blogosphere, has written *The Joy of Less*, *A Minimalist Living Guide: How to Declutter, Organize, and Simplify Your Life*, her second book on achieving the good life by consuming less. She's a minimalist after my own heart, and unless I'm projecting too much of my own experience onto hers, appreciates the epiphany one gets by suddenly having lots of space and just a few true treasures. Francine starts right out with the mindset, the philosophy/attitude one needs to have before seriously tackling a reduction in clutter and possessions, likening this important step to changing one's eating habits as opposed to simply

going on a diet. If you don't get in the mindset, you'll just backslide. I know all too well what she means by this, having done binge-purge decluttering several times over the course of my adult life until a few years ago. This book is a well-structured, wholesale plan of attack, as opposed to loads of personal stories or autobiography. Part One tackles the the relationship we have to our stuff and why we think we have to own it. As Francine puts it: "In pursuing a minimalist lifestyle, we need to resist the temptation to recreate the outside world within our abodes." She then cites examples such as media rooms and bathroom "spas," and the dreaded home cappuccino makers. Oh yes. The section concludes with her challenge to make a list of every single thing you own-right down to every single thing in every single drawer. My brain wanted scream at the prospect of doing that-AND I've already decluttered!!!

There are lots of books out there on living the minimalist life, but this book is different. It makes you want to run to your kitchen and start throwing out all those silver party trays you've had since you got married but never use. You suddenly feel inspired to get rid of your skinny clothes because the chances of fitting into a size 4 again are pretty slim (yes, pun intended!) I for one could not wait to hit my make-up drawer. I thought I was down-sized with my eleven compacts of eye make-up, five mascaras, 6 tubes of lipstick and various odds n ends that I haven't touched in years much less put on my face. It was so liberating to throw out all those beauty supplies that I will never get around to using. The whole premise of this book is that having less stuff is the key to happiness. I couldn't agree more. The thing I like most about this book is it doesn't just tell you to start purging your possessions willy-nilly but it poses questions to ask yourself about everything that you own. The reader decides what gives their life value not the author. She guides you through the process and you come up with the answers. Contrary to what the status quo would have us believe, having a lot of material possessions does not make us rich. Most of us have way too much stuff but not enough time to enjoy it all. This book is about the power of minimalist living. It's about getting rid of the excess so we can make room for new experiences and the things we truly love. Her musings on how to handle gifts and sentimental items is especially valuable. She reminds us that gifts are symbols of the giver's love. It's the intention of the giver that matters not the gift. Relish the intention and if you don't need it or want it, pass that gift along to someone else who can use it.

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