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Books about minimalism

Leo Babauta "The Simple Guide to a Minimalist Life"

- Quotes
  - "It's not a life of nothing, of boringness. It's a life of richness, in less."
  - "A life of less means you consume less, use fewer natural resources, pollute less, own less stuff, contribute less to greenhouse emissions"
  - "Perfection is achieved, not when there is nothing more to add, but when there is nothing left to take away." /Antoine de Saint-Exupery/
  - "One can furnish a room very luxuriously by taking out furniture rather than putting it in." /Francis Jourdain/
  - "While minimalist aesthetics and products and the minimalist lifestyle appeals to a lot of people, they find it easier to like it than to live it."
- Minimalist food
  - Cook simply
  - Eat clean
  - Eat until you're almost full (80% full).
  - Eat smaller, lighter meals
  - Eat less
- Minimalist finances
  - Set up automatic payment for all bills
  - Get out of debt
  - End consumerism
  - Save up an emergency fund
  - Use cash, not credit
- Minimalist travel
  - The minimalist tries to travel as light as possible - a light bag, a light itinerary, and a light attitude.
  - Don't overplan your trip
- Dealing with non-minimalist loved ones
  - Find compromises
  - Set boundaries
  - Educate
  - Lead by example
  - Focus on yourself
- Minimalist home
  - More appealing
  - Less stressful
  - Easier to clean
- Minimalist computer
  - Digitize and go paperless
    - Digitize photos
    - Invoice digitally and pay for things digitally
    - Stop keeping paper files
    - If you print things out to read, stop. Read it digitally.
  - An uncluttered desktop
  - Simple interface
  - Simple filing
    - Set up 4 folders in your Document folder
      - To read (empty each week)
      - Inbox
      - Working
      - Archive
- The Minimalist Principles
  - Identify the essential
    - What's most important to you?
    - What makes you happy?
    - What will have the highest impact on your life, your career?
  - Omit needless things
  - Make everything count
  - Fill your life with joy
  - Edit, edit. Minimalism isn't an end point. It's a constant process of editing, revisiting,editing some more
- How to become a minimalist
  - Start by realizing you already have enough
    - Learn to be happy by doing, not owning
    - "If you're buying things you don't need, it's because you're dissatisfied in some way."
    - Learn to stop buying non-necessities. Use 30-day list method.
      - Use 30-day list method. If you want to buy a non-necessity, you have to put it on this list (with the date it was added) and you can't buy it for at least 30 days. If you still want it after 30 days, you can buy it.
    - It's about doing only what's necessary, so you have time for what makes you truly happy
      - Learn the concept of Enough. This is the idea that we don't always need more - that once we reach a certain point, we have enough. The key is to learn to recognize when that is.
  - Start simplifying your schedule
    - Cut back on your to-do list
      - Often we believe we can do more than we actually can, and as a result we make long to-do lists that we could never do in a day or three
      - Choose three tasks for each day - really important, high-impact tasks. These three tasks should be your focus each each day, and ideally you should them before working on any tasks of lower impact.
    - Reduce commitments
  - Slowly edit everything you do, with minimalist principles in mind
  - Start cutting back on clutter and possessions
    - Clutter is a reflection of your internal state
    - Things aren't valuable if they're not used
    - If you haven't used it in 6 months, toss it
    - Take a picture of things with sentimental value

Joshua Fields Millburn and Ryan Nicodemus "Minimalism. Essential Essays"

- What is minimalism?
  - "Minimalism is a tool to achieve fulfillment in life."
  - "The point is that minimalism is a tool to help you achieve freedom. Freedom from fear, freedom from worry, freedom from overwhelm, freedom from guilt, freedom from depression, freedom from enslavement. Freedom."
- www.theminimalists.com
- Living in the moment
- Emotional health
  - "I am not my stuff. We are more than our possessions."
- Growth
  - "If you're not growing, you're dying." /Anthony Robbins/
  - "The most important thing in your life is your health. Without it you have nothing else." /Joshua Millburn/
- Contribution
  - Giving is living
  - Passion and mission
  - Taking action
  - Change and experimentation

Fumio Sasaki "Goodbye, Things. The New Japanese Minimalism"

- "If I were to somehow lose this, would I want to buy it again at full price?"
- Quotes
  - "I can focus better. I can concentrate on being me."
  - "When you discard something, you gain more than you lose."
  - "Minimalism is not a goal"
  - "The things you own end up owning you." /Fight Club/
  - "We are more interested in making others believe we are happy than in trying to be happy ourselves." /Francois de la Rochefoucauld/
  - "Happiness is not having what you want, but wanting what you have." /Rabbi Hyman Schachtel/
  - "[..] minimalist is a person who knows what is truly essential for him - or herself..."
  - "Why do we own so many things when we don't need them? What is their purpose? I think the answer is quite clear: We're desperate to convey our own worth, our own value to others. We use objects to tell people just how valuable we are."
  - "The more you like your possessions, the more knowledgeable you'll become on the brands and their backgrounds. There is a sense of wonder to things that we truly value."
  - "If it's not a "hell, yes!" it's a "no.""
  - "It's only after we've lost everything that we're free to do anything." /Tyler Durden, Fight Club/
  - "Our things are like roommates, except we pay their rent."
  - "I think throwing away your material possessions and throwing away your memories are two completely different actions."
  - "[..] the accumulation of small achievements is the only way to do something incredible."
  - "Don't buy it because it's cheap. Don't take it because it's free."
  - "Have less, be free, and you'll be able to go anywhere, whenever you want."
  - "The only way to focus on the important things is to reduce the things that aren't important."

Blogs to read

- https://colin.io/ and https://exilelifestyle.com/ by Colin Wright
- https://www.becomingminimalist.com/ by Joshua Becker
- https://zenhabits.net/ by Leo Babauta
- https://www.theminimalists.com/ by Joshua Fields Millburn and Ryan Nicodemus