

GOODBYE, THINGS: THE NEW JAPANESE MINIMALISM by Fumio Sasaki  
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**Goodbye, Things: The New Japanese Minimalism** Fumio Sasaki is not an enlightened minimalism expert; heâ€™s just a regular guy who was stressed at work, insecure, and constantly comparing himself to othersâ€™ until one day he decided to change his life by reducing his possessions to the bare minimum. The benefits were instantaneous and absolutely remarkable: without all his â€œstuff,â€• Sasaki finally felt true freedom, peace of mind, and appreciation for the present moment. Goodbye, Things explores why we measure our worth by the things we own and how the new minimalist movement will not only transform your space but truly enrich your life. Along the way, Sasaki modestly shares his personal minimalist experience, offering tips on the minimizing process and revealing the profound ways he has changed since he got rid of everything he didnâ€™t need. The benefits of a minimalist life can be realized by anyone, and Sasakiâ€™s humble vision of true happiness will open your eyes to minimalismâ€™s potential. ...more Goodbye, Things: The New Japanese Minimalism PDF ebook

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