



Living Simple, Free & Happy: How to Simplify, Declutter Your Home, and Reduce Stress, Debt & Waste

Cristin Frank

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Upcycle Your Life

Get ready to trade in headaches and hassles for life skills, exchange clutter for money, transform eyesores into beautiful focal points in your home, and say goodbye to over-consumption and hello to genuine experiences.

Cristin Frank, the original Reduction Rebel, shows you the freedom and fulfillment you can have when you simplify your life. You'll learn how to use your talents, time, and space to combat stress, become more efficient, relieve money woes, open up opportunities, and provide unbelievable self-fulfillment.

Inside you'll find:

- Simple techniques that eliminate clutter and keep it from returning
- A personalized plan to help you reclaim your time
- Practical (and profitable) ways to sell unused items in your home
- Tips to eliminate debt and curb consumption
- Step-by-step upcycling projects that transform old, unwanted furniture into beautiful, customized organizing systems
- Dozens of exercises that help you identify and honor your talents, values, and goals

As Cristin says, "success is getting what we want." Let this book show you how to let go of what's holding you back so you can put your energy into your dreams and interests and build your success.

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Nancy Adams:

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Lourdes Williams:

Information is provisions for individuals to get better life, information nowadays can get by anyone on everywhere. The information can be a expertise or any news even a huge concern. What people must be consider when those information which is within the former life are difficult to be find than now could be taking seriously which one is acceptable to believe or which one typically the resource are convinced. If you have the unstable resource then you understand it as your main information you will see huge disadvantage for you. All those possibilities will not happen with you if you take Living Simple, Free & Happy: How to Simplify, Declutter Your Home, and Reduce Stress, Debt & Waste as the daily resource information.

Edward Apodaca:

Spent a free time for you to be fun activity to try and do! A lot of people spent their sparetime with their family, or their very own friends. Usually they doing activity like watching television, about to beach, or picnic inside park. They actually doing ditto every week. Do you feel it? Do you wish to something different to fill your own personal free time/ holiday? May be reading a book might be option to fill your no cost time/ holiday. The first thing you ask may be what kinds of e-book that you should read. If you want to try out look for book, may be the guide untitled Living Simple, Free & Happy: How to Simplify, Declutter Your Home, and Reduce Stress, Debt & Waste can be fine book to read. May be it could be best activity to you.

Stephen Mosley:

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