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By Joshua Fields Millburn

Asymmetrical Press. Paperback. Book Condition: New. Paperback. 138 pages. Dimensions: 7.9in. x 5.0in. x 0.6in. At age 30, Joshua Fields Millburn and Ryan Nicodemus left their six-figure corporate careers, jettisoned most of their material possessions, and started focusing on life's most important aspects. And they never looked back. This book's foreword and first chapter examine Joshua and Ryan's backgrounds, their troubled pasts, and their eventual spiral into depression. These chapters discuss why the authors didn't feel fulfilled by their careers and why they turned to society's idea of living: working ridiculous hours, wastefully spending money, living paycheck to paycheck. Instead of finding their passions, they pacified themselves with ephemeral indulgences, inducing a cocaine-like high that didn't last far past the checkout line. And then, after a set of life-changing events, they discovered minimalism, which allowed Joshua and Ryan to eliminate life's excess and focus on the essential things in life. The subsequent chapters explore their journey into a lifestyle known as minimalism and discuss why these two successful businessmen eschewed their excess stuff in favor of focusing on life's more important aspects: health, relationships, passion, growth, and contribution. The authors discuss how minimalism allowed them to focus on each area, citing...

### Reviews

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