



La Vida Minimalista: Simplifica, Organiza y Ordena tu Vida (Spanish Edition)

Joshua Michaels

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**La Vida Minimalista: Simplifica, Organiza y Ordena tu Vida (Spanish Edition) Joshua Michaels
Simplifica tu Vida, Reduce el Estrés e Incrementa tu Felicidad**

Este libro lo introducirá al estilo de vida minimalista y le dará estrategias aplicables para su vida. No sólo aprenderá cómo simplificar, organizar y limpiar su mundo físico y externo, también aprenderá varias técnicas para simplificar, organizar y limpiar aspectos internos de su vida.

Consejos prácticos para la organización

En los siguientes capítulos le daré pasos específicos para ayudarle a tomar control sobre su espacio y posesiones. No se preocupe, este no es uno de esos libros que dan sermones del tipo “debe regalar todo lo que tiene excepto 50 artículos”. Este libro existe para recordarle cosas que ya sabe, darle algunos consejos específicos que lo sitúen en la dirección correcta y lo incentiven en el proceso. Es más importante que empiece a cosechar los beneficios de un estilo de vida minimalista a que trate de vivir según un conjunto de reglas rígidas y arbitrarias.

El minimalismo no se trata sólo de las cosas, ¡sino que de vivir!

Si se siente sobrecogido, caótico o estresado, sepa que hay esperanza. Cuando decida simplificar su vida significativamente, descubrirá que le queda un viaje más grato, más feliz y más enriquecedor. Sí, efectivamente tiene un costo, aun cuando es temporal. Debe estar dispuesto a tomar los pasos necesarios para despejar su vida de lo que le ha estado retrasando y causando estrés. Sin importar cuán maravillosa sea su vida hoy, la puede mejorar sólo con un poco de esfuerzo consciente – y verá que valdrá la pena.

Sinceramente espero que este libro le recuerde que la felicidad no consiste en cosas. Ciertamente, todos necesitamos algunas cosas sólo para sobrevivir, pero la felicidad verdadera y perdurable surge de nuestras profundidades internas y no de algo externo. No puede comprarse o coleccionarse. El sentimiento de euforia temporal al comprar cosas que creía que necesita

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