

# **SIMPLE WAYS TO BE MORE WITH LESS BY COURTNEY CARVER**



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If you have imagined a life with less, reading this book is a great way to get started. Most of us have lived our adult lives working more, to make more, to spend more, to have more. We haven't done it maliciously, but out of habit.

Our parents wanted better for us and we want better for our children, but somewhere along the way we forgot what better was.

These 27 ideas will help you be more with less. They are simple for the most part, but sometimes the smallest change makes the biggest difference. As you go through this process, you will subtract things from your life, and add other things (which aren't really "things") back in.

Living with less sometimes means adding more in the way of healthy habits to your lifestyle. You don't have to do everything in the order that they appear. You don't have to do all of them or any of them. Pick and choose the suggestions that work for you. Implement these ideas to create your life on purpose.

Simple Ways Reviews:

"If you are looking for a way to jump-start change in your life and begin simplifying right now, Simple Ways to be More with Less is the perfect stepping stone. From simple food recipes and ways to reduce debt, to step-by-step action plans for reducing clutter, every page is full of helpful and inspiring material that will make you think, learn, and move into action." - Raam Dev

Simple Ways to be More with Less rocked my world. The book is loaded with practical tips, tools, and advice. Courtney is open, honest and shares a wealth of information. Pick it up today. You won't be sorry. - Tammy Strobel

"Whether you are seeking to embrace a minimalist lifestyle or want to find a more peaceful way of life, Project 333 founder Courtney Carver's e-book Simple Ways to Be More with Less is an excellent resource. She outlines meaningful changes that are simple to make in the same warm, friendly, eternal-student tone that makes her blog such a delight to read. Interspersed with her thoughtful guidance are excellent essays from her mentors in simplicity, including Leo Babauta, Tammy Strobel, and Joshua Becker among others. I've already begun integrating several of Carver's ideas, and I look forward to trying out more." - Beverly Army Williams

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23 of 24 people found the following review helpful.

Less is More

By H. Andrews

Minimalism seems to be a pretty hot topic these days. Films like *Affluenza* and *The Story of Stuff* have people thinking about all the stuff society encourages us to covet, leaving us feeling unfulfilled until we can afford that next gadget. As a result of this thinking, many people I know can't stop talking about tiny houses, barefoot running, or blogs like *Zen Habits*. Even the *Harvard Business Review* recently ran an article about minimalism applied to one's career!

About a year before I moved to Vancouver, BC, I started ruthlessly downsizing my possessions. In the process I started becoming more familiar with the community of minimalist bloggers and their work.

Today I'm in a far different place than I was three years ago, but I've still been continuing to read the literature. *Unclutterer* is my favorite practical guide to keeping my stuff under control (check out *Unitasker Wednesdays* for a laugh!), and *Becoming Minimalist* exemplifies how an average family of four can live simply without going to extremes.

Another blog I often enjoy is Courtney Carver's *Be More With Less*, focuses on cultivating intentionality in readers. One of my favorite posts is "Immediate Gratification is for Sissies," which encourages readers to keep their eye on the prize and not compare their progress to anyone but themselves.

This week I had the opportunity to read a copy of Carver's ebook *Simple Ways to Be More With Less*.

At the beginning of the book I started getting trepidatious. Most of the thoughts seemed extremely simple, and seemed to be addressing an audience that had just discovered minimalism last week. As I read though, I got engrossed. The chapters about dreams and dream-killing gave me much food for thought, and I remained engrossed through the end. After reading the last chapter, I realized the book was progressing to offer something of value for everyone. Content curation can be as important as creation.

Many minimalist bloggers seem to be fond of monetizing their blog content by releasing ebook or print versions of their posts, and this book wasn't completely free of that tactic. For example, this post about drinking a glass of water first thing in the morning was right in front--albeit slightly enhanced. While I didn't go searching every chapter to know if it had appeared in blog form first, a quick search of the guest contributors seemed to suggest their words had not appeared on *Be More With Less* before. In the case of Leo Babauta though, his chapter was about Focus--incidentally, the name of one of his ebooks.

One thing I really like about the better minimalist books, including *Simple Ways to Be More With Less*, is that they are worth returning to again and again. On first read, the chapter about dream-killing tickled my fancy the most. Perhaps by the end of the year, I'll return to the chapter about gift giving. The book can meet you where you are at a given point and still offer you something. I've had a print copy of Leo Babauta's *The Power of Less* for two years now, and I've revisited the book a number of times for a minimalist perspective on specific conundrums.

If you're new to minimalism and dying to buy your first ebook by a minimalist blogger, this would be a pretty fair choice! If you're an avid reader of *Be More With Less* and the other major minimalist blogs, you may discover o a couple more voices in here you hadn't know about before. At any rate--worth a read if you are so inclined.

17 of 17 people found the following review helpful.

Living with less- how and why

By Nancy Stinson

The reasons to clear your mind and life plus how to do it. Clear, concise ways to gain time and gain relationships in your life. Not only does the author share her ideas she has a who's who of guest writers sharing life's simple directions. If you are thinking about simplifying your life, read this book, better yet study this book.

15 of 16 people found the following review helpful.

Simple and Elegant

By Katie

Courtney Carver writes an amazing blog and has now written a beautiful book. Both are about her passion in life - living with purpose by living with less. She believes that less is as much about letting go as it is about adding more healthy habits to your life. Courtney has a unique way of looking at daily habits and routines - a way that lightens and lifts those habits so they become something much more. Great inspiration for anyone looking for simple, practical advice on living life.

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