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life can be simpler. This
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any less effort - as Shunmyō
Masuno writes, "Life

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requires time and effort.
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If simplicity is an art,
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master. Having lived in
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Summary "Does for mental clutter what Marie Kondo has done for household clutter."
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makes the time-tested wisdom

Page 28/48

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of the Buddha radically accessible by providing easy-to-follow yet profound practices that blend perfectly with, and are a natural part of, everyday life. It is an encouraging and straightforward

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companion for all who seek
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opens the way to the center
of the heart wherein lies
the wisdom that nurtures
body, mind, and spirit. A
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package, can help anyone uncover the buried joys and forgotten treasures of simple daily living.

*The Art of Simplicity:
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A reminder for all of us, on a day (and week, and month) like today: Go on a walk. A long one, if you can. Don't listen to a podcast. Instead, listen to birdsong and the crunch of leaves beneath your feet.

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Blog / The Art of Simple

L'art de la Simplicité was published in France in 2005 by. To simplify your life is to enrich it. Discover the magic of simplicity in this international bestseller.

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Dominique Loreau is a French essayist who has lived in Japan since the 1970s.

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*This Is Home: The Art of
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pleasures of life ... from the
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Beginning a New Journey of
Simplicity. Summer? What
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2020 by Billybuc. Summer has
arrived here in the Northern
Hemisphere, the Northwest
corner of the United States,

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Olympia, Washington. I know this because I finally had to water the berry bushes out front.

*The Art of Living Simple |
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The “simple living” is: •

First, it requires knowing who you are. And from that, it means you have a sense of your life's purpose. This is your vocation—how your life speaks. • Then, it's holistic—all the parts of

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Your life are pointing in
the same direction—not just
keeping a minimalist home,
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