



Simplicity Lessons: A 12-Step Guide to Living Simply

Linda Breen Pierce

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Simplicity Lessons is a practical guide for those who long for a slower pace of life with more time for joyful relationships, fulfilling work, and living one's dreams. Working on your own or as part of a simplicity study group, you will explore the major areas of your life: material possessions, money, time, work, housing, transportation, relationships, inner simplicity, health, community, and environmental sustainability. For each category, you will complete written exercises to determine how best to improve the quality of your life.

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