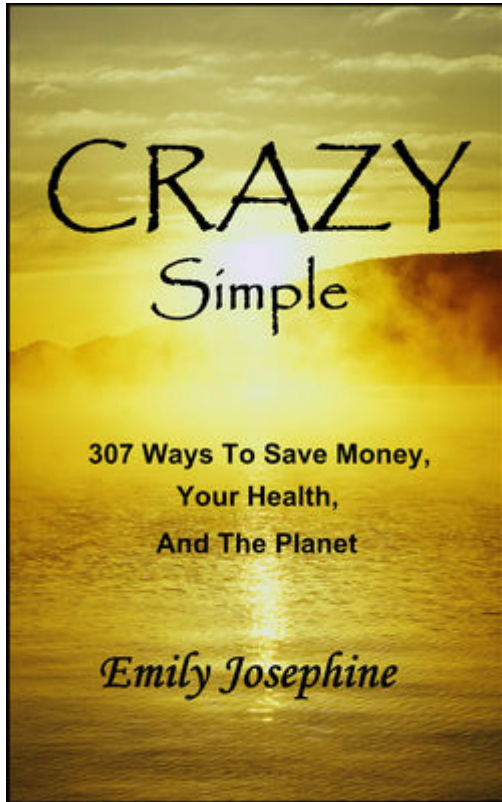


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Simple living means different things to different people. We are all on a unique journey when it comes to voluntary simplicity or healthy living. For that reason, this book offers ideas and suggestions that run the gamut from easy, such as turning off lights and eating more natural foods, to extreme, such as washing laundry by hand and minimalizing furnishings in your house.

Most ideas are also ways to save money, so this book can help you get your personal finance situation under control. But living a simpler life goes well beyond frugal living. This book covers how to make life simpler in a range of categories, including home, health, food, work and play, relationships, and energy and technology. If you find life to be too busy, stressful, or unfulfilling; or if you want to reduce your carbon footprint, become more self-sufficient, or create more space - psychological and physical - in your life; this book will inspire and encourage you to move down the right path.

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