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The world is full of material things, but real life takes place in the space between all our things. Francine J Joy's smaller, minimalist life guide will help you declutter your home, spend less money on material things that you don't need, and focus on the important things in your life. Maybe you have a few boxes lying around, or maybe a film crew of hoarders is knocking in... MoreIt is part of a new review series of Lifehacker books. Not every life hack can be summarized in a blog, so we decided to review some of our favorite life-changing books for deeper dives into the most important topics of life. Francine Jay runs the website Miss Minimalist, which is all about the subject of her second book, Joy Less. Her first book, Frugillionaire, focused on the way to live well while maintaining a fortune. It has also been featured in a wide range of other publications as well, including CNN, BBC, NBC Today, The Guardian, and Forbes. Who this book is a ForThis book for people who are tired of having owned their belongings. If you feel like your home is overflowing with garbage, your time eaten by endless searches for lost items, or that you're spending too much money on something you don't really need, this book is your medicine. It is also for those who recognize that certain material elements can provide happiness, and that these are things that deserve your time and energy. If you are interested in making your home a sanctuary that is organized, efficiently and easy to clean, this book is for you. Also, if you're looking for great tips on prioritizing and streamlining your daily schedule, you'll find that here too. This is the perfect book for the lives of hackers of all types. We all buy things from time to time that we really don't need. It's ok to appeal to your wants... Read moreWhat you get Joy less is divided into four parts: philosophy of minimalism, decluttering streamline system, room approach to decluttering, and tips on decluttering your graphics. The book starts you out by explaining what minimalism is and how to get into the right mindset, and then goes into a lot of action, step-by-step tips on how to ditch everything junk in your home and storage. The final section gives tips on incorporating minimalism into your busy life. Here's a breakdown of what you'll find: Part One - Philosophy: You'll learn how to look at your property differently, and see that less material means less stress and more freedom. You will also learn why having a place in your home is valuable, and learn how to use things without having to own them. Part 2 - STREAMLINE: An acronym for Jay step-by-step decluttering process that can be used anywhere. Start over, Trash/Treasure/Transfer, Reason for Each Item, All in Its Place, All Surfaces Clear, Modules, Limits, If One Goes-One Goes Out, Narrow It Down, and Service. Part 3 - Room by Room: You'll learn how best to apply the STREAMLINE process to every area of your home. At home. tips for your living room or family room, bedroom, wardrobe, home office, kitchen and dining room, bathroom, storage space, and farewell section with sentimental items and heirlooms. Part 4 - Lifestyle: A collection of tips for optimizing your graphics and performance. You'll find tips on learning to say no, eliminating excess activities, priority tasks, and standardizing the tedious and predictable things life throws our way. The book is pretty hefty at almost 300 pages, but it's configured in a way that easily allows you to go to the section you need at the time. You can read it all in order, or go straight to the best tips for decluttering your living room- it's up to you. One trick you'll take awaySometimes is the best way to make positive changes by taking extreme measures. Starting with a clean slate is definitely an effective way to find out which items really matter. In Start All First chapter of the STREAMLINE section, Jay invites you to take a quick look back in time:... Let's remember the first day when we moved into our house or apartment... It was a beautiful blank canvas, empty and full of potential, ready to be personalized with our own special touch. We enjoyed the thought of a clean sheet - what a fabulous opportunity to start over and do everything right! Of course, over the years, there is less time and desire to keep things look good. You've accumulated more stuff, got rid of very little, and now your once methodically designed number has become a mess of things. When things get so bad, Jay recommends you go back to your house, one room at a time: We're just going to redoed the moving day, but now we're going to take our time breaking down giant tasks into small pieces. We're going to organize a fresh start for every area of our homes... The key to Starting Over is to take everything from the designated section. If it's a box, turn it upside down and throw away its contents. If it's a closet, strip it down to bare hooks, rods and shelving. If it's a box of hobby materials, shed them all. During this process, you will have time to ask yourself questions about every object you have. How did I get this? What does that give me? If I were just moving, would I bother to bring this? It will take some work, but slowly and steadily you will reduce your clutter by a significant amount. Our takeWhat great about this book is that it provides a lot of down-to-earth action tips that only ever venture into the author's personal history to help make examples. It focuses on helping you regain space in your home (and your life), all while emphasizing the notion that life shouldn't be just about filling out empty space with things. The book also does a good job of explaining that minimalism is not about emptiness or barren premises, but about to crack down on garbage that it is so easy to accumulate. Tips are simple and the thinking you develop while reading a book is easy to understand and start immediately. Decluttering the whole house is challenging, and Jay realizes that. Throughout the book, the challenges facing you came up with humor and a pinch of no stress, you can totally do so. Personally, I don't think I'd have as much fun to read as I did. Much of the performance and schedule rationalization tips variations on things that we've covered here a lot already that can make these tips feel a little less powerful to veteran life hackers, but it's still handy information to have everything in one place, especially if you're making focused efforts to get rid of all your clutter once and for all. However, this section is not required to get a lot of great advice from this book. It should be noted that the book does address some of the larger things, like consuming less as a person and how it can benefit the earth as a whole. Before you run away muttering something about hippies, however, the thoughts and tips in these small sections are pretty simple (the benefits of recycling and reuse, for example), and never venture into anything too preachy. If it bothers you for any reason, it's easy to miss. You can capture Joy's Smaller, Minimalist Life Guide: How to declutter, organize and simplify your life on the Amazon Kindle for \$10, or about \$12 in paperback. You can read more about the author Francine Jay on her website, Miss Minimalist.G/O Smeecan get a commission of \$10 when it comes to minimalist sneakers, just as the name suggests, the less the more. As an alternative to barefoot running craze, companies come out with shoes that mimic barefoot running but also protect your feet. Yes, the category includes these wacky foot-and-foot shoes, but it also includes others as well. Almost every major sports shoe brand has at least one version of minimalist footwear, but the shoes are very different from company to company. Some offer a lighter version of traditional sneakers while others have developed shoes that look more like foot gloves, giving the feet only basic protection from the ground. Ready to jump on this trend? Here's what you need to know. What you will find one key component of minimalist shoes is that they are lighter. Companies have reduced the amount of material on top of the shoe, replacing the mesh (or other lightweight material) for the skin, and reducing the thickness of the sole by reducing the cushioning of materials or reducing the amount of rubber, or in most cases both. Another common feature is a lot of grooves in the sole of the shoe to increase flexibility. So what does all this mean? This means that the shoes will be lighter, more flexible, and you will feel the ground more under your feet. Is that bad for my feet? It's up for discussion. According to Dr. Paul Langer, DPM Minnesota orthopedic specialists, because this trend is so mine, there is not much about these shoes. However, he sees injuries in people wearing both ordinary and minimalist minimalist Shoes the difference is where the injuries are. Dr. Langer claims that with regular sneakers he sees more injuries in his knee and with minimalist shoes he sees more injuries in his leg and ankle. Dr. Karen Langone, a DPM specialist in sports and fitness medicine in Southampton, New York, believes that Achilles tend to bother people who wear minimalist shoes. If you have problems in any of these areas, you can stay away from these easy shoes. How can I know if minimalist shoes are for me? According to Dr. Langone about 80% of the population can use them to some extent. If you're having difficulty walking in flip-flops, then minimalist shoes probably won't be for you. But, if you can walk far away in flip-flops new shoes may be worth a try. Tips Train in Shoes Dr Langer says that about 60% of the running injuries he sees in people wearing both minimalist and conventional sneakers are caused by learning errors, such as ramping up mileage too fast. Depending on the type of minimalist shoe you choose, your feet may need more or less time to adapt. Dr. Langone says the key is to go slowly, starting with training on the grass or golf course for about 5 to 10 minutes a day and running your way up. Both podiatrists stress that you should monitor how you feel, how ultimately your body will tell you whether or not these shoes are good for you. Dr. Langone recommends buying shoes at the end of the day when your feet are in the most swollen. If you buy shoes in the morning before you walk a lot, you may find that your shoes feel tight by the end of the day. To draw a line. Both doctors recommend getting what feels most comfortable and fits best. Are you more of a walker than a runner? Check out the July issue of Good Housekeeping magazine or online to see which walking sneakers did best in our test. 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