

Even though most of us lack for nothing and can buy practically anything we desire, we are sel-dom satisfied or at peace with ourselves. In the pursuit of happiness, we ultimately get drawn into the world of mass consumption and maintain hundreds of superficial acquaintances on facebook. Sina Jasur would love to present her readers with a completely different path: She has found the key to happiness in getting rid of all of the unnecessary clutter being forced upon us by commercialism. With this work, she makes a promise to her readers, namely more freedom, more money and more happiness. For those of you who cannot wait to start, reading this book will provide you with a compact and practical guide, which expresses how the idea of minimalism can be applied to every aspect of life: not only to personal property, but also to diet, handling money, social aspects as well as to your very own thoughts. Sina Jasur presents you with tangible tips and lets successful minimalists share their experi-ences and wisdom. Numerous links to specialized blogs and videos are waiting to welcome the reader to the world of minimalism.

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