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Living with less clutter, busyness, stress
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make the room to do what you need to
do. Simplifying my life gave me the

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space, time, and love to be more me, and the following practices led me back. Connect. Be More with Less is a thriving community of people who crave simplicity in life and work. Connect here:

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Courtney Carver shows us the power of
simplicity to improve our health, build
more meaningful relationships, and

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relieve stress in our professional and personal lives. We are often on a quest for more, giving in to pressure every day to work more, own more, and do more. For Courtney Carve...

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Soulful Simplicity will help you to look at

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the big picture, discover what's most important, and reclaim lightness and ease by getting rid of excess things. I highly recommend it to anyone who has lost touch with themselves and is living outside of their heart.

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Get this from a library! Soulful simplicity : how living with less can lead to so much more. [Courtney Carver] -- Carver's constant striving for "more" was forced to a halt when she was diagnosed with multiple sclerosis. By pursuing practical minimalism, she was able to create more space, more time, less ...

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“Soulful Simplicity encourages conscious minimalism from the inside out. It’s a heartfelt, practical guide for making life simple and has made me laugh, smile and take action towards living a life uncluttered.” —Angel Chernoff, author of *Getting Back to Happy* and 1000+ Little

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Simplicity prescribes a lifestyle filled
with a lot more of one thing: love.

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is just about living with less stuff, Soulful Simplicity prescribes a lifestyle filled with a lot more of one thing: love.

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power of simplicity to improve our health, build more meaningful relationships, and relieve stress in our professional and personal lives.

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through Carver's own journey towards a simpler life. If you aren't familiar with Courtney, she is the creator of the Project 333, the capsule wardrobe project that I began embracing a few years ago.

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"Courtney Carver's new book Soulful Simplicity is a practical roadmap for embracing the beauty of less and making room in our lives for what matters most." — Ali Edwards, Craft the story.™ "In a world where so much of the messaging around radical simplicity is just about living with less stuff, Soulful Simplicity prescribes a lifestyle filled

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with a lot more of one thing: love.

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Even though I don't read much, I'm a sucker for a good book. So I was thrilled when I heard my good friend, Courtney Carver, was writing an inspiring book, *Soulful Simplicity, How Living with Less Can Lead to So Much More*. Courtney shares her story in moving from a stressful, cluttered, busy life that led to

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a devastating diagnosis to a life with better health, more space, time, and love.

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