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Simplicity: Essays

Joshua Fields Millburn, Ryan Nicodemus

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This book contains 46 edited and revised essays about living a meaningful life with less stuff, including "UnAmerican Dream," "Asking Friends & Family to Embrace Change," and "I Am Not the Center of the Universe." It also includes a special forward by The Minimalists and two unpublished essays that can't be found anywhere else: "Simplicity" and "The Worst Christmas Ever."

These essays were written to encourage readers to think critically about the excess in their lives and, ultimately, to take action towards living more intentionally. This collection is short enough to be read in a few sittings, or it can be digested slowly, reading one essay a day for six weeks, applying its principals each day to your own life.

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