

Goodbye Things The New Japanese Minimalism

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GOODBYE THINGS THE NEW JAPANESE MINIMALISM SUMMARY: UNLOCK YOUR NEXT LITERARY ADVENTURE WITH OUR CONCISE REVIEWS

At formapp.investigatiimedia.ro, we are committed to helping you find your next excellent read by supplying concise and informative Goodbye Things The New Japanese Minimalism book recaps in different styles. Whether you're a devoted visitor or a laid-back book lover, our summaries supply a glimpse right into the globe of each book, enabling you to make enlightened decisions regarding what to read following.

Goodbye Things The New Japanese Minimalism summaries cover a wide variety of styles, consisting of gripping thrillers, insightful non-fiction, heartwarming romances, and more. With our evaluations, you'll obtain crucial understandings right into the major styles, personalities, and story points that make each publication distinct.

Whether you're seeking your next literary experience or simply intend to discover various styles, Goodbye Things The New Japanese Minimalism recaps are the ideal starting point. So why wait? Beginning exploring our recaps today and unlock your next terrific read!

UNVEILING SECRET INSIGHTS OF GOODBYE THINGS THE NEW JAPANESE MINIMALISM

Our publication recaps supply a lot more than a brief summary of the plot - we delve into the heart of the tale and disclose the essential insights that make each book distinct. Whether it's a page-turning thriller or an introspective memoir, we give a preference of Goodbye Things The New Japanese Minimalism essence to assist you decide if it's the best fit for you.

Understanding Characters in Goodbye Things The New Japanese Minimalism

Personalities are the driving force of the story, and we take a closer look at their characters, inspirations, and connections. With our personality analyses, you can obtain a better understanding of their duties in Goodbye Things The New Japanese Minimalism tale and exactly how they contribute to the overall narrative.

Diving into Styles

Themes are the underlying messages or concepts that the writer shares via the story. We discover the main styles of each book, highlighting the writer's message and supplying understandings into how it might put on your life.

Exploring Goodbye Things

The New Japanese Minimalism Story Factors

Goodbye Things The New Japanese Minimalism plot is the sequence of events that drive the story onward. We break down the primary plot factors, giving a review of the story's framework and highlighting key moments that shape the story.

"With our understandings, you can get a preference of Goodbye Things The New Japanese Minimalism's significance and choose if it's the best suitable for you."

Contrasting and Contrasting

For books within the very same genre, we offer relative evaluations to display their resemblances and distinctions. This enables you to obtain a much better understanding of the different strategies authors take within a certain category.

Uncovering Concealed Treasures in Goodbye Things The New Japanese Minimalism

Some publications may not have obtained as much focus as they should have, and we love to discover covert gems. Goodbye Things The New Japanese Minimalism summaries display standout publications that might have flown under your radar - we guarantee you'll find something to add to your analysis checklist.

With our essential insights, you can make informed choices regarding what to review following. Goodbye Things The New Japanese Minimalism provide a glance right into the globe of each book, allowing you to discover brand-new authors and categories with ease.

GOODBYE THINGS THE NEW JAPANESE MINIMALISM CATEGORY EXPLORATION

In this area, we take a closer take a look at various styles of Goodbye Things The New Japanese Minimalism and their corresponding summaries. We comprehend that visitors have one-of-a-kind choices and tastes, so we offer a varied series of Goodbye Things The New Japanese Minimalism publication to deal with every passion. Whether you're a follower of romance, science fiction, mystery, historic fiction, or self-help, our publication recaps supply a glance into the world of each publication.

Beginning Checking out Goodbye Things The New Japanese Minimalism Today

These are simply a couple of examples of our book summaries within different genres. We have many more books waiting on you to explore. Have a look at our summaries to locate your brand-new favorite writer or category. Satisfied reading!

UNCOVER YOUR FOLLOWING TERRIFIC READ OF GOODBYE THINGS THE NEW JAPANESE MINIMALISM

In this section, we have curated a collection of standout Goodbye Things The New Japanese Minimalism that will assist you discover your following fantastic read. Whether you're in the state of mind for a heart-wrenching love or a suspenseful thriller, our book summaries use a peek right into the globe of each book, enabling you to make informed decisions about what to read next.

Our Top Picks

Here are our leading choices for your next excellent read:

Book Title	Author	Genre	Summary
Historical Fiction			A hauntingly gorgeous tale of two sisters in Nazi-occupied France that explores the power of love, family members, and strength in the face of difficulty.
Emotional Thriller			An enthralling emotional thriller that complies with a criminal psychotherapist as he attempts to unravel the enigma behind his client's silence after she allegedly murders her hubby.
Philosophical Fiction			A magical and spiritual trip that adheres to a young Andalusian guard young boy as he sets out to meet his fate and uncover real meaning of life.

These 3 publications are just a small example of the several terrific reviews waiting to be found. Trust our publication recaps to lead you in the direction of your following literary journey.

In addition to our top picks, we offer a large range of book recaps covering numerous categories, from sci-fi to self-help. With our summaries, you make sure to locate your following favored book like Goodbye Things The New Japanese Minimalism.

So what are you waiting for? Start checking out Goodbye Things The New Japanese Minimalism recaps today and uncover surprise literary gems that will certainly keep you transforming the web pages well right into the evening!

TRICK TAKEAWAYS OF GOODBYE THINGS THE NEW JAPANESE MINIMALISM AND RECOMMENDATIONS

Our publication summaries not only give quick overviews of each book, however they also supply Goodbye Things The New Japanese Minimalism vital takeaways and recommendations to lead you in your analysis journey. Right here are a few of our leading choices:

Publication Title	Key Takeaways	Referrals
• The undependable narrator creates a feeling of secret and thriller throughout guide. • The styles of addiction and residential misuse are checked out detailed. • The plot spins maintained us on the edge of our seats until the very last web page. • The book emphasizes the importance of living in the present minute and letting go of previous and future fears. • The concept of the "pain body" is introduced to clarify how previous traumas can impact our existing experiences. • Practical workouts are offered to help viewers implement the teachings right into their day-to-days live.	• If you appreciated this book, have a look at Into the Water by Paula Hawkins for another thrilling enigma. • Gone Lady by Gillian Flynn is one more prominent mental thriller with a twisty story.	• The Untethered Heart by Michael A. Singer supplies comparable understandings on living in the here and now moment and finding inner tranquility. • Huge Magic by Elizabeth Gilbert explores the innovative process and how we can live a much more satisfying life by embracing our enthusiasms.
• Guide tells an effective tale of 2 siblings residing in Nazi-occupied France during The Second World War. • The motifs of nerve, sacrifice, and love are checked out via the point of views of both sisters. • The historic context and vibrant descriptions make the story revived.	• All the Light We Can not See by Anthony Doerr is an additional The second world war story that tells a moving tale of love and survival. • If you appreciate historical fiction, attempt The Alice Network by Kate Quinn, which adheres to a network of women spies during World war.	
At formapp.investigatiimedia.ro, you'll discover a lot more book summaries and recommendations that cater to your interests and checking out preferences. Whether you're looking for an awesome page-turner, a thought-provoking memoir, or a heartwarming love, we have actually obtained you covered. Let us assist you discover your following fantastic read!		

BEGINNING CHECKING OUT GOODBYE THINGS THE NEW JAPANESE MINIMALISM TODAY

Now that you have actually seen what we need to supply, it's time to start discovering Goodbye Things The New Japanese Minimalism summaries! Our recaps offer you a taste of each publication's unique essence and can assist you uncover your next excellent read. Whether you're a fan of criminal activity thrillers, historical fiction, or self-help books, we have a recap for you.

Our recaps give key insights into each publication's motifs, personalities, and story points. You can get a feeling of Goodbye Things The New Japanese Minimalism composing design and determine if it's the ideal suitable for you. We have actually curated the most effective books from numerous styles, so you make sure to discover something that fits your interests.

Just how to Utilize Our Summaries

To begin exploring, simply search our web site and click Goodbye Things The New Japanese Minimalism summaries that catch your eye. Our recaps are quick, so you can quickly obtain a sense of each book without spending excessive time. If a recap ignites your passion, you can click on the web link to buy guide from an on-line store.

Our publication summaries are excellent for anybody that intends to remain educated about the most up to date literary patterns however doesn't have the time to review Goodbye Things The New Japanese Minimalism book. By exploring our summaries, you can stay on par with what's popular and uncover covert gems that you could not have actually located or else.

Join Our Community

When you check out Goodbye Things The New Japanese Minimalism recaps, you're not just discovering new publications; you're likewise signing up with an area of like-minded viewers. Our internet site includes a blog where we publish write-ups regarding the most up to date literary information, book evaluations, and checking out suggestions. You can additionally follow us on social media to remain current with our newest offerings.

So what are you waiting for? Beginning discovering Goodbye Things The New Japanese Minimalism summaries today and find your next fantastic read!

Goodbye, Things: The New Japanese Minimalism W. W. Norton & Company

The best-selling phenomenon from Japan that shows us a minimalist life is a happy life. Fumio Sasaki is not an enlightened minimalism expert or organizing guru like Marie Kondo—he's just a regular guy who was stressed out and constantly comparing himself to others, until one day he decided to change his life by saying goodbye to everything he didn't absolutely need. The effects were remarkable: Sasaki gained true freedom, new focus, and a real sense of gratitude for everything around him. In Goodbye, Things Sasaki modestly shares his personal minimalist experience, offering specific tips on the minimizing process and revealing how the new minimalist movement can not only transform your space but truly enrich your life. The benefits of a minimalist life can be realized by anyone, and Sasaki's humble vision of true happiness will open your eyes to minimalism's potential.

Goodbye, Things

The New Japanese Minimalism

The best-selling phenomenon from Japan, with irresistible appeal to fans of Marie Kondo, that argues there is happiness in a minimalist life.

Hello, Habits: A Minimalist's Guide to a Better Life W. W. Norton & Company

The internationally best-selling author of Goodbye, Things shares insights and practices to help us embrace habits and become the best versions of ourselves. Fumio Sasaki changed his life when he became a minimalist. But before minimalism could really stick, he

had to make it a habit. All of us live our lives based on the habits we've formed, from when we get up in the morning to what we eat and drink to how likely we are to actually make it to the gym. In Hello, Habits, Sasaki explains how we can acquire the new habits that we want—and get rid of the ones that don't do us any good. Drawing on leading theories and tips about the science of habit formation from cognitive psychology, neuroscience, and sociology, along with examples from popular culture and tried-and-tested techniques from his own life, he unravels common misperceptions about "willpower" and "talent," and offers a step-by-step guide to success. Ultimately, Sasaki shows how ordinary people like himself can use his principles of good habit-making to improve themselves and change their lives.

Summary of Goodbye, Things: The New Japanese Minimalism by ...

Minimalism: Live a Meaningful Life

Asymmetrical Press

Minimalism is the thing that gets us past the things so we can make room for life's most important things—which actually aren't things at all. At age 30, best friends Joshua Fields Millburn & Ryan Nicodemus walked away from their six-figure corporate careers, jettisoned most of their material possessions, and started focusing on what's truly important. In their debut book, Joshua & Ryan, authors of the popular website The Minimalists, explore their troubled pasts and descent into depression. Though they had achieved the American Dream, they worked ridiculous hours, wastefully spent money, and lived paycheck to paycheck. Instead of discovering their passions, they pacified themselves with ephemeral indulgences—which only led to more debt, depression, and discontent. After a pair of life-changing events, Joshua & Ryan discovered minimalism, allowing them to eliminate their excess material things so they could focus on life's most important "things": health, relationships, passion, growth, and contribution.

Unstuff Your Life!

Kick the Clutter Habit and Completely Organize Your Life for Good Penguin

A professional organizer and life coach shows readers how to kick the clutter habit with his complete how-to guide to total organization Arguably the most organized man in America, sought-after coach Andrew J. Mellen has created unique, lasting techniques for streamlined living, bringing order out of chaos for the chronically overwhelmed everywhere. Acknowledging that it's often the "stuff behind the stuff" that holds people back, Mellen offers a surprisingly simple, yet effective solution in his step-by-step guide, guaranteed to help achieve organizational bliss for everyone from perpetual key-misplacers to hard-core hoarders. From basement to bedroom, kitchen to car, and into every corner of life, Mellen's system yields lasting results. Discover how to: Never lose your keys or wallet again Stop mail, magazine, and paper pileups for good Feel empowered to tackle bills and budgets Reclaim space and time once dominated by clutter Built on the principle that we must distinguish ourselves from our possessions, Unstuff Your Life! starts with truly achievable goals and works toward the nightmare projects everyone tries hard to avoid. With humor, honesty, tough love, and foolproof advice, Mellen makes it easy to finally let go and embrace the decluttered life.

Less

A Visual Guide to Minimalism *Penguin*

Simplify life and amplify living by mastering the fundamentals of minimalism through this visual guide to embracing a minimalist lifestyle. How can living with less contribute to a greater sense of fulfillment? It seems contradictory, yet the minimalist lifestyle, which focuses on scaling back your possessions and simplifying your life to just the essentials, achieves just that. Adopt minimal living, and you'll find that less is more: More time because you don't waste it caring for and organizing stuff. More space because you don't fill it with objects of marginal value. More money because you don't spend it on unnecessary things. More clarity because your mind isn't bogged down by the clutter around you. More enjoyment because your energy is spent on experiences and connections. Using decision trees, flow charts, icons, and other graphics, *Less* shows how minimalism can be applied to any area of life—including home, wardrobe, decor, cooking, cleaning, finances, and organizing your time—and how it can be adapted to suit your own goals and help you achieve your version of happiness.

Japanese Minimalism

Your Personal Guide To The Art Of Minimalist Living *Independently Published*

Read on to discover why Japanese minimalism could be the secret to your best life yet! Do you: Want to get to your deathbed with a smile on your face instead of regrets in your heart? Wish to pursue the things that stir your heart, not what your parents, family, or society expect of or want for you? Desire to live a simple life governed and driven by your genuine aspirations instead of superficial wishes, consumerism, and societal indoctrination? If so, embracing the principles of Japanese Minimalism and making them part of your daily life can help you live a simple, happy life where every day, you wake up smiling, eager for the day because you are living your dream life. This book will reveal everything you need to know about Japanese minimalism, including: The pitfalls of consumerism The benefits you stand to derive from incorporating Japanese minimalism into your life How to use Japanese minimalism principles to make a slow, gradual, and successful transition to a more fulfilling, well-rounded, and thriving life Why pursuing shiny objects and meaningless temptations and desires will lead to deathbed regrets, and how Japanese minimalism can help you avoid that dreadful end. And so much, much more.

The Abundance of Less

Lessons in Simple Living from Rural Japan *North Atlantic Books*

An evocative study of life in rural Japan, this inspiring book for fans of Marie Kondo proves true wealth can be found by living sustainably among life's simple but profound luxuries. *The Abundance of Less* captures the texture of sustainable lives well lived in these ten profiles of ordinary—yet exceptional—men and women who left behind mainstream existences in urban Japan to live surrounded by the luxuries of nature, art, friends, delicious food, and an abundance of time. Drawing on traditional Eastern spiritual wisdom and culture, these pioneers describe the profound personal transformations they underwent as they escaped the stress, consumerism, busyness, and dependence on technology of modern life. This intimate and evocative book tells of their fulfilling lives as artists, philosophers, and farmers who rely on themselves for happiness and sustenance. By inviting readers to enter into the essence of these individuals' days, Couturier shows us how we too can bring more meaning and

richness to our own lives.

The Longing for Less

Living with Minimalism *Bloomsbury Publishing USA*

New York Times Book Review Editor's Choice "More than just a story of an abiding cultural preoccupation, *The Longing For Less* peels back the commodified husk of minimalism to reveal something surprising and thoroughly alive." -Jenny Odell, author of *How to Do Nothing* "Less is more": Everywhere we hear the mantra. Marie Kondo and other decluttering gurus promise that shedding our stuff will solve our problems. We commit to cleanse diets and strive for inbox zero. Amid the frantic pace and distraction of everyday life, we covet silence—and airy, Instagrammable spaces in which to enjoy it. The popular term for this brand of upscale austerity, "minimalism," has mostly come to stand for things to buy and consume. But minimalism has richer, deeper, and altogether more valuable gifts to offer. Kyle Chayka is one of our sharpest cultural observers. After spending years covering minimalist trends for leading publications, he now delves beneath this lifestyle's glossy surface, seeking better ways to claim the time and space we crave. He shows that our longing for less goes back further than we realize. His search leads him to the philosophical and spiritual origins of minimalism, and to the stories of artists such as Agnes Martin and Donald Judd; composers such as John Cage and Julius Eastman; architects and designers; visionaries and misfits. As Chayka looks anew at their extraordinary lives and explores the places where they worked—from Manhattan lofts to the Texas high desert and the back alleys of Kyoto—he reminds us that what we most require is presence, not absence. The result is an elegant new synthesis of our minimalist desires and our profound emotional needs.

SUMMARY - Goodbye, Things: The New Japanese Minimalism *By Fumio Sasaki* *Shortcut Edition*

* Our summary is short, simple and pragmatic. It allows you to have the essential ideas of a big book in less than 30 minutes. By reading this summary, you will discover how to become minimalist and make room in your life. You will also discover how : be calmer and reduce your stress; spend less; lose weight and be healthier; stop comparing yourself to others; live more slowly and intensely. If the consumer society has allowed abundance, it has done so at the expense of happiness. Too many choices, desires and possibilities make it difficult to see what is important. Cluttered with activities and objects, many people no longer even realize what they are doing and what should be done. Minimalism offers a concrete and immediate solution to this situation. It makes it possible to put one's life back in order, and even to find happiness. Perhaps you feel stressed, tired, under pressure, harassed from all sides and lacking space and money? Then minimalism is for you! *Buy now the summary of this book for the modest price of a cup of coffee!

Where the Dead Pause, and the Japanese Say Goodbye: A Journey *W. W. Norton & Company*

"Read it. You will be uplifted."—Ruth Ozeki, Zen priest, author of *A Tale for the Time Being* Marie Mutsuki Mockett's family owns a Buddhist temple 25 miles from the Fukushima Daiichi nuclear power plant. In March 2011, after the earthquake and tsunami, radiation levels prohibited the burial of her Japanese grandfather's bones. As Japan mourned thousands of people lost in the disaster, Mockett also grieved for her American father, who had died unexpectedly. Seeking consolation, Mockett is guided by a colorful cast of Zen priests and ordinary Japanese who perform rituals that disturb, haunt, and finally uplift her. Her journey leads

her into the radiation zone in an intricate white hazmat suit; to Eihei-ji, a school for Zen Buddhist monks; on a visit to a Crab Lady and Fuzzy-Headed Priest's temple on Mount Doom; and into the "thick dark" of the subterranean labyrinth under Kiyomizu temple, among other twists and turns. From the ecstasy of a cherry blossom festival in the radiation zone to the ghosts inhabiting chopsticks, Mockett writes of both the earthly and the sublime with extraordinary sensitivity. Her unpretentious and engaging voice makes her the kind of companion a reader wants to stay with wherever she goes, even into the heart of grief itself.

Declutter

The Japanese Art of Minimalism *Createspace Independent Publishing Platform*

Do you often feel like you have just too much stuff lying around the house? Are you exhausted by constantly cleaning up and never seeing your house as clean & organized as you'd want it to be? Do you feel physically stressed out by the number of items surrounding you - but you never throw anything? People often create an emotional bond with the things they buy, desperate to fill out various emotional voids. Chances are, you own plenty of items you don't actually need - just so you can make yourself feel good! But here's a secret no one told you about: Your belongings aren't there to fill out voids - and life is much better without clutter. Which is why millions have turned toward minimalism - the art of living with less. If you'd like to learn more about minimalism, that's where *Declutter: The Japanese Art of Minimalism* may come to your rescue. Here's what this book will try to teach you: - How to add some real value to your life - spend your money on experiences and times well-spent, not on possessions you'll forget about in a year! - Why your house never stays clean - and how you can avoid falling into the trap of cleaning up every single day! - What are categories and why categories matter when trying to free up some much-needed space - never again spend hours looking for a valuable possession! - The easiest way to transition to minimalism - 7 Possible Steps that work wonders for large families as well! - How to let go of things that no longer serve you - let go with ease by following the 5 Questions included in the book - Practical tips & suggestions regarding the art of tidying up both your house and your life - learn how to apply them to your own busy lifestyle! Minimalism isn't only about getting rid of stuff - it's re-learning how to appreciate your time and money as well so you can invest them on the important stuff. Stop wasting your most precious resources on material possessions - and make some room for the things that matter. Get more out of life by owning less. Purchase *Declutter: The Japanese Art of Minimalism* today and improve the quality of your life in an instant!

The Little Book of Ikigai

The Japanese Guide to Finding Your Purpose in Life

AS HEARD ON THE STEVE WRIGHT SHOW 'FORGET HYGGE. IT'S ALL ABOUT IKIGAI (THAT'S JAPANESE FOR A HAPPY LIFE)' The Times Find out how to live a long and happy life thanks to the ikigai miracle, a Japanese philosophy that helps you find fulfilment, joy and mindfulness in everything you do. It is extraordinary that Japanese men's longevity ranks 4th in the world, while Japanese women's ranks 2nd. But perhaps this comes as no surprise when you know that the Japanese understanding of ikigai is embedded in their daily life and in absolutely everything that they do. In their professional careers, in their relationships with family members, in the hobbies they cultivate so meticulously. Ken Mogi identifies five key pillars to

ikigai: Pillar 1: Starting small Pillar 2: Releasing yourself Pillar 3: Harmony and sustainability Pillar 4: The joy of little things Pillar 5: Being in the here and now The Japanese talk about ikigai as 'a reason to get up in the morning'. It is something that keeps one's enthusiasm for life going, whether you are a cleaner of the famous Shinkansen bullet train, the mother of a newborn child or a Michelin-starred sushi chef. The Five Pillars at the heart of everything they do. But how do you find your own ikigai? How does ikigai contribute to happiness? Neuroscientist and bestselling Japanese writer Ken Mogi provides an absorbing insight into this way of life, incorporating scientific research and first-hand experience, and providing a colourful narrative of Japanese culture and history along the way.

Slipstream

A Memoir *Pan Macmillan*

Slipstream brilliantly illuminates the literary world of the latter half of the 20th century, as well as giving a highly personal insight into the life of Elizabeth Jane Howard, one of our most beloved British writers. Elizabeth looks back over the course of her eventful life, providing a story of as full of love, passion and betrayal as her novels. Born in London in 1923, she was privately educated at home, moving on to short-lived careers as an actress and model, before writing her first acclaimed novel, *The Beautiful Visit*, in 1950. She has written many highly regarded novels, including *Falling* and *After Julius*. Her *Cazalet Chronicles* have become established as modern classics and were adapted for a major BBC television series and for BBC Radio 4. She has been married three times - firstly to Peter Scott, the naturalist and son of Captain Scott, and most famously and tempestuously to Kingsley Amis. It was Amis' son by another marriage, Martin, to whom she introduced the works of Jane Austen and ensured that he received the education that would be the grounding of his own literary career. Her closest friends have included some of the greatest writers and thinkers of the day: Laurie Lee, Arthur Koestler and Cecil Day-Lewis, among others.

Summary of Goodbye, Things

The New Japanese Minimalism by Fumio Sasaki

Goodbye, Things: The New Japanese Minimalism by Fumio Sasaki Book Summary Abbey Beathan (Disclaimer: This is NOT the original book.) Take on the new Japanese minimalism in order to achieve true freedom. *Goodbye, Things* is an interesting book for more than one reason but one of the most notable reason is that it's not made by a minimalism expert. It is by a regular person, like you and me. This makes us relate more to what he is saying and how a regular individual feels when taking on this philosophy... the results in Sasaki's life were extraordinary. (Note: This summary is wholly written and published by Abbey Beathan. It is not affiliated with the original author in any way) "Want to know how to make yourself instantly unhappy? Compare yourself with someone else." - Fumio Sasaki The desire of Sasaki to enter the world of minimalism was that he was tired of measuring the value of an individual through how much stuff he had. Humans constantly do this, develop an opinion of a person based on their income or the things he has that you don't. It creates a sense of envy and a negative environment in general. That's why minimalism started to become a thing because if you detach yourself from your worldly possessions, you'll be truly free. Witness how the new minimalist movement changed Sasaki's life and how it can change yours too. P.S. *Goodbye, Things* is an extremely interesting book that talks about the benefits of the new minimalist movement. P.P.S. It was Albert Einstein who

famously said that once you stop learning, you start dying. It was Bill Gates who said that he would want the ability to read faster if he could only have one superpower in this world. Abbey Beathan's mission is to bring across amazing golden nuggets in amazing books through our summaries. Our vision is to make reading non-fiction fun, dynamic and captivating. Ready To Be A Part Of Our Vision & Mission? Scroll Up Now and Click on the "Buy now with 1-Click" Button to Get Your Copy. Why Abbey Beathan's Summaries? How Can Abbey Beathan Serve You? Amazing Refresher if you've read the original book before Priceless Checklist in case you missed out any crucial lessons/details Perfect Choice if you're interested in the original book but never read it before Disclaimer Once Again: This book is meant for a great companionship of the original book or to simply get the gist of the original book. "One of the greatest and most powerful gift in life is the gift of knowledge. The way of success is the way of continuous pursuit of knowledge" - Abbey Beathan

The Daily Show (The Book)

An Oral History as Told by Jon Stewart, the Correspondents, Staff and Guests *Grand Central Publishing*
NEW YORK TIMES BESTSELLER The complete, uncensored history of the award-winning The Daily Show with Jon Stewart, as told by its correspondents, writers, and host. For almost seventeen years, The Daily Show with Jon Stewart brilliantly redefined the borders between television comedy, political satire, and opinionated news coverage. It launched the careers of some of today's most significant comedians, highlighted the hypocrisies of the powerful, and garnered 23 Emmys. Now the show's behind-the-scenes gags, controversies, and camaraderie will be chronicled by the players themselves, from legendary host Jon Stewart to the star cast members and writers-including Samantha Bee, Stephen Colbert, John Oliver, and Steve Carell - plus some of The Daily Show's most prominent guests and adversaries: John and Cindy McCain, Glenn Beck, Tucker Carlson, and many more. This oral history takes the reader behind the curtain for all the show's highlights, from its origins as Comedy Central's underdog late-night program to Trevor Noah's succession, rising from a scrappy jester in the 24-hour political news cycle to become part of the beating heart of politics-a trusted source for not only comedy but also commentary, with a reputation for calling bullshit and an ability to effect real change in the world. Through years of incisive election coverage, passionate debates with President Obama and Hillary Clinton, feuds with Bill O'Reilly and Fox, and provocative takes on Wall Street and racism, The Daily Show has been a cultural touchstone. Now, for the first time, the people behind the show's seminal moments come together to share their memories of the last-minute rewrites, improvisations, pranks, romances, blow-ups, and moments of Zen both on and off the set of one of America's most groundbreaking shows.

Everything That Remains

A Memoir by The Minimalists *Asymmetrical Press*

What if everything you ever wanted isn't what you actually want? Twenty-something, suit-clad, and upwardly mobile, Joshua Fields Millburn thought he had everything anyone could ever want. Until he didn't anymore. Blindsided by the loss of his mother and his marriage in the same month, Millburn started questioning every aspect of the life he had built for himself. Then, he accidentally discovered a lifestyle known as minimalism...and everything started to change. That was four years ago. Since, Millburn, now 32, has embraced simplicity. In the pursuit of looking for something more substantial than compulsory consumption and

the broken American Dream, he jettisoned most of his material possessions, paid off loads of crippling debt, and walked away from his six-figure career. So, when everything was gone, what was left? Not a how-to book but a why-to book, Everything That Remains is the touching, surprising story of what happened when one young man decided to let go of everything and begin living more deliberately. Heartrending, uplifting, and deeply personal, this engrossing memoir is peppered with insightful (and often hilarious) interruptions by Ryan Nicodemus, Millburn's best friend of twenty years.

The Secret by Rhonda Byrne (Summary) *QuickRead.com*

Do you want more free book summaries like this? Download our app for free at <https://www.QuickRead.com/App> and get access to hundreds of free book and audiobook summaries. If you've ever looked at someone else and wondered, "What's their secret to success?" this book is the key to discovering that secret for yourself. Dedicated to exploring the questions that drive (and torment) human existence, The Secret (2006) explores such topics as, "What's the secret to success?", "What's the meaning of life?", and "How can I become my best self?" By laying out Rhonda Byrne's theory of the forces that guide the universe and how to discover your place within it, The Secret provides readers with a practical toolkit for taking control of their future, unlocking your optimum state of happiness, and discovering your full potential.

Hiroshima *Vintage*

"A new edition with a final chapter written forty years after the explosion."

The Art of Simple Living

100 Daily Practices from a Japanese Zen Monk for a Lifetime of Calm and Joy *Penguin*

"Does for mental clutter what Marie Kondo has done for household clutter." --Publishers Weekly Relax and find happiness amid the swirl of the modern world with this internationally bestselling guide to simplifying your life by the renowned Zen Buddhist author of Don't Worry. In clear, practical, easily adopted lessons--one a day for 100 days--renowned Buddhist monk Shunmyo Masuno draws on centuries of wisdom to teach you to Zen your life. Discover how . . . • Lesson #4: lining up your shoes after you take them off can bring order to your mind; • Lesson #11: putting down your fork after every bite can help you feel more grateful for what you have; • Lesson #18: immersing yourself in zazen can sweep the clutter from your mind; • Lesson #23: joining your hands together in gassho can soothe irritation and conflict; • Lesson #27: going outside to watch the sunset can make every day feel celebratory; • Lesson #42: planting a flower and watching it grow can teach you to embrace change; • Lesson #67: understanding the concept of ichi-go ichi-e can make everyday interactions more meaningful; • Lesson #85: practicing chisoku can help you feel more fulfilled. A minimalist line drawing appears opposite each lesson on an otherwise blank page, giving you an opportunity to relax with a deep breath between lessons. With each daily practice, you will learn to find happiness not by seeking out extraordinary experiences but by making small changes to your life, opening yourself up to a renewed sense of peace and inner calm. A PENGUIN LIFE TITLE

The Art of Discarding

How to Get Rid of Clutter and Find Joy *Hachette Books*

The book that inspired Marie Kondo's The Life Changing Magic of

Tidying Up, Nagisa Tatsumi's international bestseller offers a practical plan to figure out what to keep and what to discard so you can get--and stay--tidy, once and for all. Practical and inspiring, *The Art of Discarding* (the book that originally inspired a young Marie Kondo to start cleaning up her closets) offers hands-on advice and easy-to-follow guidelines to help readers learn how to finally let go of stuff that is holding them back -- as well as sage advice on acquiring less in the first place. Author Nagisa Tatsumi urges us to reflect on our attitude to possessing things and to have the courage and conviction to get rid of all the stuff we really don't need, offering advice on how to tackle the things that pile up at home and take back control. By learning the art of discarding you will gain space, free yourself from "accumulation syndrome," and find new joy and purpose in your clutter-free life.

Minimalista

Your Step-By-Step Guide to a Better Home, Wardrobe, and Life

"The co-founders of Havenly help you find your own style in this fresh and accessible guidebook to the complicated world of interior design"--

Summary

Goodbye, Things - The New Japanese Minimalism by Fumio Sasaki

Goodbye Things - The New Japanese Minimalism by Fumio Sasaki Consumer society has led to a profusion of material possessions. However, this has come at a price: our own happiness. Having too many choices, possibilities, and desires stops us from seeing what is important. Overloaded with things and activities, many of us no longer know what we're doing and what we need to do. Minimalism is a concrete and immediate solution. It allows you to tidy up your life and find happiness. Perhaps you feel stressed, tired, under pressure, bombarded, and are lacking space and money? Well, minimalism is the answer you've been looking for! Why read this summary: Save time Understand the key concepts Notice: This is a GOODBYE THINGS Book Summary. NOT THE ORIGINAL BOOK.

All You Need is Less

MINIMALIST LIVING FOR MAXIMUM HAPPINESS Summersdale

A pocket-sized book that won't overload the reader with information. It is packed with the most useful and salient tips and ideas for anyone looking to live a simpler life We live such busy lives, rushing from one thing to the next, that we barely give ourselves time to catch our breath. But what would happen if we aimed for less? This little book, filled with practical tips and ideas, covers a range of topics that could lead to a simpler way of life, including how to: · Stress less · Reduce screen time · Minimize clutter · Shop sustainably · Make the most of your 'me' time By choosing a lifestyle that is less busy, less cluttered and less stressful, you will instantly feel healthier and happier.

Summary: Goodbye, Things

The New Japanese Minimalism

Goodbye, Things: The New Japanese Minimalism by Fumio Sasaki | Book Summary | Abbey Beathan (Disclaimer: This is NOT the original book. If you're looking for the original book, search this link: <http://amzn.to/2ErOkQC>) Take on the new Japanese minimalism in order to achieve true freedom. Goodbye, Things is

an interesting book for more than one reason but one of the most notable reason is that it's not made by a minimalism expert. It is by a regular person, like you and me. This makes us relate more to what he is saying and how a regular individual feels when taking on this philosophy... the results in Sasaki's life were extraordinary. (Note: This summary is wholly written and published by Abbey Beathan. It is not affiliated with the original author in any way) "Want to know how to make yourself instantly unhappy? Compare yourself with someone else." - Fumio Sasaki The desire of Sasaki to enter the world of minimalism was that he was tired of measuring the value of an individual through how much stuff he had. Humans constantly do this, develop an opinion of a person based on their income or the things he has that you don't. It creates a sense of envy and a negative environment in general. That's why minimalism started to become a thing because if you detach yourself from your worldly possessions, you'll be truly free. Witness how the new minimalist movement changed Sasaki's life and how it can change yours too. P.S. Goodbye, Things is an extremely interesting book that talks about the benefits of the new minimalist movement. P.P.S. It was Albert Einstein who famously said that once you stop learning, you start dying. It was Bill Gates who said that he would want the ability to read faster if he could only have one superpower in this world. Abbey Beathan's mission is to bring across amazing golden nuggets in amazing books through our summaries. Our vision is to make reading non-fiction fun, dynamic and captivating. Ready To Be A Part Of Our Vision & Mission? Scroll Up Now and Click on the "Buy now with 1-Click" Button to Get Your Copy. Why Abbey Beathan's Summaries? How Can Abbey Beathan Serve You? Amazing Refresher if you've read the original book before Priceless Checklist in case you missed out any crucial lessons/details Perfect Choice if you're interested in the original book but never read it before FREE 2 Page Printable Summary BONUS for you to paste in on your office, home etc Disclaimer Once Again: This book is meant for a great companionship of the original book or to simply get the gist of the original book. If you're looking for the original book, search for this link: <http://amzn.to/2ErOkQC> "One of the greatest and most powerful gift in life is the gift of knowledge. The way of success is the way of continuous pursuit of knowledge" - Abbey Beathan

Things Japanese

Everyday Objects of Exceptional Beauty and Significance Tuttle Publishing

Traditional Japanese design imbues objects with a sense of history and artistry that easily reaches across cultural boundaries. In *Things Japanese: Everyday Objects of Extraordinary Beauty and Significance*, author Nicholas Bornoff and photographer Michael Freeman examine over 60 traditional objects that are uniquely Japanese, deftly illustrating their beauty and significance. Beautifully crafted samurai swords Elegant wooden tansu chests Elaborate tea ceremony implements Exquisitely carved netsuke toggles Fabulous silk-and-gold embroidered kimonos Each item is described in loving detail alongside lovely full-color photographs that highlight the great artistry and craftsmanship in everyday items used by real people in traditional Japan. *Things Japanese* is the perfect book for Japanese antique collectors or anyone interested in Japanese art and the culture and history of Japan.

Good Chinese Wife

A Love Affair with China Gone Wrong Sourcebooks, Inc.

A stunning memoir of an intercultural marriage gone wrong When

Susan, a shy Midwesterner in love with Chinese culture, started graduate school in Hong Kong, she quickly fell for Cai, the Chinese man of her dreams. As they exchanged vows, Susan thought she'd stumbled into an exotic fairy tale, until she realized Cai—and his culture—where not what she thought. In her riveting memoir, Susan recounts her struggle to be the perfect traditional "Chinese" wife to her increasingly controlling and abusive husband. With keen insight and heart-wrenching candor, she confronts the hopes and hazards of intercultural marriage, including dismissing her own values and needs to save her relationship and protect her newborn son, Jake. But when Cai threatens to take Jake back to China for good, Susan must find the courage to stand up for herself, her son, and her future. Moving between rural China and the bustling cities of Hong Kong and San Francisco, *Good Chinese Wife* is an eye-opening look at marriage and family in contemporary China and America and an inspiring testament to the resilience of a mother's love—across any border.

A Monk's Guide to a Clean House and Mind *Penguin*

Little known fact: Buddhist Monks are amazing at cleaning and tidying. In this one-of-a-kind guide to cleaning your home, Buddhist monk Shoukei Matsumoto reveals how to make your home as spotless as it is tranquil and peaceful. For Buddhist monks cleaning well is a cardinal skill and, in *A Monk's Guide to a Clean House and Mind*, readers will discover their never-before-shared cleaning pro tips. In the Zen Buddhist tradition, true enlightenment is impossible if your home has even a speck of dust and, as such, Buddhist monks have much to teach us lay people about achieving a truly Zen clean. *A Monk's Guide to a Clean House and Mind* features charming illustrations and step-by-step instructions on such essential household cleansing tips as:

- First, Air It Out: Before cleaning anything Monk's first open the temple windows to purify the air and let the crisp morning breeze in.
- Don't Procrastinate: 'Zengosaidan' is a Zen expression meaning that one should put all their efforts into each day so they have no regrets. In the context of cleaning, this means don't put off cleaning those dishes you've left in the sink.
- Remember to Put On Your Samue: Samue robes are worn by Japanese monks when they perform their daily duties of cleaning and looking after the temple. Easy to move in and to wash and care for, they are the perfect cleaning attire. From cleaning up everything from your kitchen sink, toilet, and that pile of unidentified stuff in the corner of your garage to your mind, body, and spirit, this book will guide you in creating a home environment that will calm your thoughts and nourish your soul.

The Book of Ichigo Ichie

The Art of Making the Most of Every Moment, the Japanese Way *Penguin*

Find happiness by living fully in the present with this definitive guide to ichigo ichie--the Japanese art of making the most of every moment--from the bestselling authors of *Ikigai*. Every moment in our life happens only once, and if we let it slip away, we lose it forever--an idea captured by the Japanese phrase ichigo ichie (pronounced itchy-GO itchy-A). Often spoken in Japan when greeting someone or saying goodbye, to convey that the encounter is unique and special, it is a tenet of Zen Buddhism and is attributed to a sixteenth-century master of the Japanese tea ceremony, or "ceremony of attention," whose intricate rituals compel us to focus on the present moment. From this age-old concept comes a new kind of mindfulness. In *The Book of Ichigo Ichie*, you will learn to...

- appreciate the beauty of the fleeting, the way the Japanese celebrate the cherry blossoms for two

weeks every April, knowing they'll have to wait a whole year to see them again;

- use all five senses to anchor yourself in the present, helping you to let go of fear, sadness, anger, and other negative emotions fueled by fixating on the past or the future;
- be alert to the magic of coincidences, which help us find meaning among the disconnected events of our lives;
- use ichigo ichie to help you discover your ikigai, or life's purpose--because it's only by learning to be present, to be tuned into what catches your attention and excites you in the moment, that you can identify what it is that most motivates you and brings you happiness.

Every one of us contains a key that can open the door to attention, harmony with others, and love of life. And that key is ichigo ichie. A PENGUIN LIFE TITLE

The Minimalist Home

A Room-By-Room Guide to a Decluttered, Refocused Life *WaterBrook Press*

A popular minimalist blogger and author of *The More of Less* shows you how to methodically turn your home into a place of peace, contentment, and purposeful living. One of today's most influential minimalist advocates takes us on a decluttering tour of our own houses and apartments, showing us how to decide what to get rid of and what to keep. He both offers practical guidelines for simplifying our lifestyle at home and addresses underlying issues that contribute to over-accumulation in the first place. The purpose is not just to create a more inviting living space. It's also to turn our life's HQ--our home--into a launching pad for a more fulfilling and productive life in the world.

At Home with Madame Chic

Becoming a Connoisseur of Daily Life *Simon and Schuster*

An engaging illustrated toolbox of ideas and advice for organizing, entertaining and enjoying a stylish life draws on the author's experiences as a foreign exchange student in Paris and her strategies for organizing her own family home. 60,000 first printing.

Minimalism

The Practical Japanese Art That Will Revolutionize Your Mindset Through 7 Proven Minimalist Strategies *Independently Published*

Buy the paperback of this book and get the Kindle version for FREE! Our lives and our minds have got cluttered. Stress and anxiety have become a part of our lives. Even the things that should bring joy and happiness in our lives become a reason for sorrow. This is a sorry state of affairs and it must change. If you are also feeling the same frustrations in your life, then this book is just for you. This book unlocks the mystery of minimalism and the ways it can help in making our lives more joyful and meaningful. It illustrates the ways in which other cultures have been able to incorporate the principles of minimalism successfully and benefitted from them. It explains the ways in which excess of everything is taking a toll on our happiness and making us gloomy and sad. It brings to light the ways in which our indulgences are taking us towards debt and stress. It highlights the ways in which we are adding to the global waste at our expense, the ways in which we are paying to become unhappy. This book will help you in getting over this vicious cycle of debt and become joyful. It will illustrate the ways in which you can easily walk on the path of minimalism without leaving your comforts. Minimalism is misinterpreted as the way of the monks. In reality, minimalism is the way to accept those things that bring

joy and value in life and shun those things that lead to stress. It is a path of joy and stability. Minimalism opens the door of financial freedom for you. It helps you in becoming financially independent and save money for the future. It shows the path to become more self-reliant and relevant. Minimalism also helps you in looking for joy in the right places. It helps you in setting your priorities and becoming more focused. It is a way to gain fulfilling relationships and have the luxury to devote as much time to your relationships as they deserve. It helps you in finding true happiness in things that truly matter. This book will help you in de-cluttering your home and organizing it better. It will also show you the path to de-cluttering your mind to become happy. It will help you in recalibrating your focus for better goals. You will get better in achieving your goals when your priorities are clear. This book will also help you in setting your financial priorities straight and getting out of debt cycle. It will help you in finding better ways to be successful in managing your relationships. It will show you the reasons Japan has been successful in following minimalism and has prospered. In this book, you will find:

How to Speak Any Language Fluently

Fun, stimulating and effective methods to help anyone learn languages faster *Robinson*

This book will give you the skills to learn to speak any language with confidence. It uses techniques that can easily be incorporated into your daily life, while making use of whatever resources you have available. Whether you are starting out with your first foreign language or wishing to add to your repertoire, you'll find a wealth of easy-to-follow advice and achievable goals. Discover how to: -Speak with greater confidence and accuracy -Effectively learn vocabulary and grammar -Use time on the internet and social media to learn a language -Read real books, websites and articles in a foreign language -Pass exams that certify your language skills

This Book Is About Travel *Createspace Independent Publishing Platform*

"Andrew Hyde spent the last two years on the road traveling to 15 countries with only a backpack of 15 things to his name, this book is a collection of stories as a critique of the world of modern travel. Nobody wishes they worked more on the death bed and those that traveled say it was the highlight of their life. So why don't more people hop on a boat, plane, train to rickshaw and see the world through the lens of another country? Though 'This Book is About Travel' Hyde lays out why travel is something everyone (even you) should do. Just what do you need to take not just take the trip? Hyde wrote the missing manual for modern movement aimed to show you what it is like to be on the road and just how you can join the over 3,000,000 that are currently on trips. A mix of essays written on the road, practical travel hacks to save you thousands of dollars and countless hours of time and interviews with travelers from around the world doing just what Hyde argues you should be planning on doing: Travel."-- Publisher description.

The Minimalist Vegan

A Simple Manifesto on Why to Live with Less Stuff and More Compassion *Minimalist Company Pty Limited*

The Minimalist Vegan by Masa and Michael Ofei is less of a how-to book, and more of a why-to book. A manifesto on why to live with less stuff and with more compassion. They explore the intersection of minimalism and veganism and all that each complimentary lifestyle has to offer. They dive deep into

conscious living and what it actually means. With chapters on topics such as "The More Virus" and Courageously Simple to The Superior Species and A Plastic World, Masa and Michael cover every aspect to help challenge your way of thinking. Their hope is that by the end of it, you'll have the thirst and passion to architect your life in a way that brings you purpose and joy each and every day. They have written this book to be read within a few hours. Yes, even if you'd consider yourself to be a slow reader! Each chapter can be read independently, so you can jump ahead to a section that resonates with you. However, reading the book from start to finish is a great way to build momentum as you manifest your ideas and dive into a more conscious way of living.

Better Than New

Lessons I've Learned from Saving Old Homes (and How They Saved Me) *Artisan Books*

A New York Times and USA Today Bestseller For the first time, Nicole Curtis, the star of the megahit HGTV and DIY Network show Rehab Addict, reveals her private struggles, her personal victories, and the inspiring lessons we can all learn from them. Nicole Curtis is the tough, soulful, charismatic dynamo who for the past twenty years has worked tirelessly to restore historical houses, often revitalizing neighborhoods in the process. And also, in the process, drawing millions of fans to her television show, Rehab Addict, where they follow each step of the hard work and singular vision that transform the seemingly lost cause of a run-down building into a beautifully restored home. But there is so much more to this self-taught expert and working mom. With her signature irresistible honesty and energy, Curtis writes about a project that every reader will find compelling: how she rehabbed herself. Better Than New reveals what's not seen on TV—Curtis's personal battles and her personal triumphs, her complicated relationships, her life as a single mother, the story of how she got started remodeling houses, and the consuming ins and outs of producing a megahit television show while keeping up with two kids, two rescue dogs, and countless tasks on her home renovation punch lists. Followers of the show will get an inside look at some of her most famous restorations, including the Dollar house, the Minnehaha house, the Campbell Street project, and the Ransom Gillis mansion. Part inspirational memoir and part self-help guide, Better Than New is a journey in eight chapters—each pinned to the story of a house that Curtis has remodeled, each delivering a hard-fought lesson about life—that takes readers to the place we all want to be: home.

Right of Way

Race, Class, and the Silent Epidemic of Pedestrian Deaths in America *Island Press*

The face of the pedestrian safety crisis looks a lot like Ignacio Duarte-Rodriguez. The 77-year old grandfather was struck in a hit-and-run crash while trying to cross a high-speed, six-lane road without crosswalks near his son's home in Phoenix, Arizona. He was one of the more than 6,000 people killed while walking in America in 2018. In the last ten years, there has been a 50 percent increase in pedestrian deaths. The tragedy of traffic violence has barely registered with the media and wider culture. Disproportionately the victims are like Duarte-Rodriguez—immigrants, the poor, and people of color. They have largely been blamed and forgotten. In Right of Way, journalist Angie Schmitt shows us that deaths like Duarte-Rodriguez's are not unavoidable "accidents." They don't happen because of jaywalking or distracted walking. They are predictable, occurring

in stark geographic patterns that tell a story about systemic inequality. These deaths are the forgotten faces of an increasingly urgent public-health crisis that we have the tools, but not the will, to solve. Schmitt examines the possible causes of the increase in pedestrian deaths as well as programs and movements that are beginning to respond to the epidemic. Her investigation unveils why pedestrians are dying—and she demands action. *Right of Way* is a call to reframe the problem, acknowledge the role of racism and classism in the public response to these deaths, and energize advocacy around road safety. Ultimately, Schmitt argues that we need improvements in infrastructure and changes to policy to save lives. *Right of Way* unveils a crisis that is rooted in both inequality and the undeterred reign of the automobile in our cities. It challenges us to imagine and demand safer and more equitable cities, where no one is expendable.

Polish Your Poise with Madame Chic

Lessons in Everyday Elegance *Simon and Schuster*

The New York Times bestselling author of *Lessons from Madame Chic* and *At Home with Madame Chic* revives the timeless quality of poise and shows how to cultivate it as a daily practice and a life-long endeavor. Just step out your door today and you will notice that poise is a rarity in our wired, fast-paced, and unmannerly world. As uncivil behaviors like flip-flops at Broadway shows and digital oversharing proliferate, this timely book reminds us of the quiet power of behaving with dignity, kindness, and grace. Jennifer Scott's Parisian mentor, Madame Chic, embodied poise, and not just with the good posture, stylish attire, and natural manners that made her extraordinarily elegant. She

also demonstrated steady assuredness and graceful calm in everything she did—from interacting with her family and receiving guests at home to presenting herself in public. Jennifer L. Scott passes on the lessons she learned as well as some of her own hard-won wisdom, addressing topics such as proper attire at social events, good grooming, communication skills, hospitality and being a good guest, our interactions with neighbors and strangers, role models, self-discipline, and self-image. This charmingly illustrated, practical, and inspiring book, full of tips, lists, and ideas, is certain to start a new conversation about the timeless art of poise.

Joy at Work

Organizing Your Professional Life *Little, Brown Spark*

Declutter your desk and brighten up your business with this transformative guide from an organizational psychologist and the #1 New York Times bestselling author of *The Life-Changing Magic of Tidying Up*. The workplace is a magnet for clutter and mess. Who hasn't felt drained by wasteful meetings, disorganized papers, endless emails, and unnecessary tasks? These are the modern-day hazards of working, and they can slowly drain the joy from work, limit our chances of career progress, and undermine our well-being. There is another way. In *Joy at Work*, bestselling author and Netflix star Marie Kondo and Rice University business professor Scott Sonenshein offer stories, studies, and strategies to help you eliminate clutter and make space for work that really matters. Using the world-renowned KonMari Method and cutting-edge research, *Joy at Work* will help you overcome the challenges of workplace mess and enjoy the productivity, success, and happiness that come with a tidy desk and mind.