a member-led discussion on

minimalism

with Meredith Marsh
At its core, minimalism is the intentional promotion of the things we most value and the removal of everything that distracts us from it.

- Joshua Becker, *Becoming Minimalist*
Tidying up is organized hoarding.

- The Minimalists
The “Why”
The “Why”

Before you start, establish the “why.” This is what will keep you going when the process gets difficult and uncomfortable and you feel like bailing out.
Getting Started
the minimalists
becoming minimalist
be more with less
The 20x20 Rule
True Cost of Ownership
Sentimental Items
EVERYTHING THAT REMAINS

A MEMOIR BY
THE MINIMALISTS

“Like Henry David Thoreau, but with Wi-Fi.” —Boston Globe
“Living a better life...with less stuff.” —National Post
MINIMALISM
A DOCUMENTARY ABOUT THE IMPORTANT THINGS

EVERYTHING THAT REMAINS

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“Living a better life . . . with less stuff.” —National Post

I CHALLENGE YOU TO THE 30 DAY MINIMALISM GAME.

@ THE MINIMALISTS
Get rid of one thing today.
blog post at meredith-marsh.com
thank you!