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

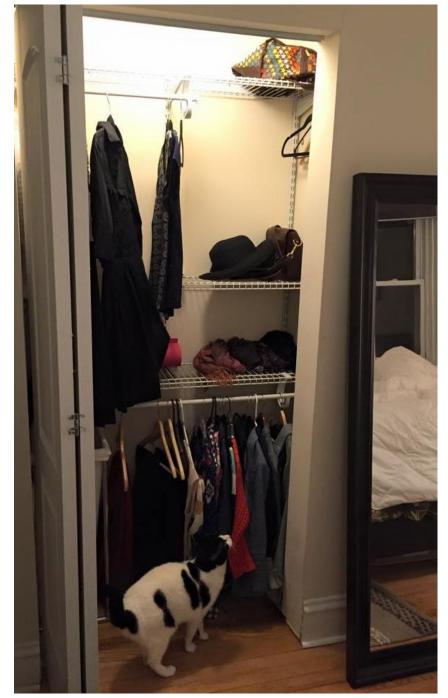


The "Why"

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







be more with less

The 20x20 Rule

True Cost of Ownership

Sentimental Items





EVERY THING REMAI NS A MEMOIR BY

"Like Henry David Thoreau, but with Wi-Fi." —Boston Globe
"Living a better life...with less stuff." —Narroval Post



EVERY THING REMAI NS

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"Living a better Ble...with less stuff," —Aanonai 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!