



# **Simplify Your Life: How to de-Clutter & de-Stress Your Way to Happiness**

*Sam Davidson*

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# Simplify Your Life: How to de-Clutter & de-Stress Your Way to Happiness

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## **Simplify Your Life: How to de-Clutter & de-Stress Your Way to Happiness** Sam Davidson

We love the idea of living a simpler life, a life that's more manageable, more meaningful, and more rewarding. But simplicity isn't just about living a minimalist lifestyle or getting rid of things. In *Simplify Your Life*, Sam Davidson, author of *50 Things Your Life Doesn't Need*, offers practical tips and personal anecdotes to help you simplify your life by discovering what really matters. Using proven methods, the latest ideas, and easy-to-remember step-by-step plans, *Simplify* encourages you to find what brings you happiness and then helps you find ways to make room for more of it. Learn to de-clutter and prioritize your life to stay balanced and stress-free, all by discovering how to make things simpler.

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