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# Minimalismo: Simplifica tu vida (Spanish Edition)

*Samanta R. Rodrigues*

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*Samanta R. Rodrigues*

**Minimalismo: Simplifica tu vida (Spanish Edition)** Samanta R. Rodrigues
En este libro, se alienta al lector a adoptar un estilo de vida minimalista. Se ofrecen los pasos para que el lector o lectora pueda adaptarse para vivir una vida plena, sin los excesos que caracterizan a la sociedad moderna. Se trata de obtener confort con menos cosas, y de hacer más con esas cosas. A lo largo del libro, te daremos consejos sobre cómo adoptar el estilo de vida minimalista. Para que todo esto ocurra, es necesario saber cuáles son nuestras metas y nuestros sueños. Esos objetivos pueden ser el impulso que faltaba para proyectarnos en dirección al minimalismo.

Una vez que adoptar los consejos de este libro, podrás librarte de las cosas que no hacen sentido en tu vida, como las cosas que acumulas en casa. Entonces, podrás escoger aquello que dejarás entrar en tu vida y también lo que no podrá entrar.

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