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Lighten Up: Love What You Have, Have What You Need, Be Happier with Less (Hardback)

By Peter Walsh

SIMON SCHUSTER, United States, 2011. Hardback. Book Condition: New. 231 x 155 mm. Language: English . Brand New Book. It seems as though not a day goes by that we don t think about money. We cut back on spending. We chase a bargain. We try to save more. We strive to use less credit. We worry about funding our retirement and our children s education. Yet we continue to spend money on things that don t matter. Peter Walsh knows that money and debt can overwhelm your life even faster than clutter, and he has a plan to help you deal with that emotional and financial chaos. Peter s previous bestselling books inspired us to successfully evict the clutter in our homes, on our bodies, and in six key areas of our lives. But for many people, clearing the clutter suddenly exposes deeper issues financial, physical, and emotional. Sometimes our problems are not really about the physical stuff but about the emotional fabric of our lives from our relationships with money to our relationships with people and even how we define and find happiness. In Lighten Up, Peter demonstrates that this reassessment of priorities is a great opportunity to...



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