



Lists for Simple Living: Ideas for simplicity and happiness

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Bring simplicity to your life with these suggestions – some serious, others fun, all practical. All these suggestions will help you save time and effort, and lessen some of the frustrations that we have to deal with in our often cluttered, busy lives.

Lists for Simple Living gives practical advice for simplifying various areas of your life:

- Your home
- Family life
- At the office
- Your relationships
- Making 'me-time' possible

With its full-colour interior and uplifting images Lists for Simple Living is an indispensable companion for the year ahead.

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