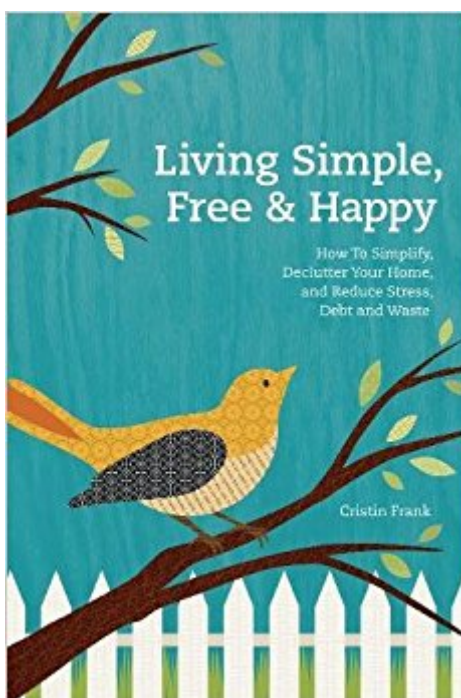


The book was found

# Living Simple, Free & Happy: How To Simplify, Declutter Your Home, And Reduce Stress, Debt & Waste



## Synopsis

Upcycle Your Life Get ready to trade in headaches and hassles for life skills, exchange clutter for money, transform eyesores into beautiful focal points in your home, and say goodbye to over-consumption and hello to genuine experiences. Cristin Frank, the original Reduction Rebel, shows you the freedom and fulfillment you can have when you simplify your life. You'll learn how to use your talents, time, and space to combat stress, become more efficient, relieve money woes, open up opportunities, and provide unbelievable self-fulfillment. Inside you'll find: Simple techniques that eliminate clutter and keep it from returning A personalized plan to help you reclaim your time Practical (and profitable) ways to sell unused items in your home Tips to eliminate debt and curb consumption Step-by-step upcycling projects that transform old, unwanted furniture into beautiful, customized organizing systems Dozens of exercises that help you identify and honor your talents, values, and goals As Cristin says, "success is getting what we want." Let this book show you how to let go of what's holding you back so you can put your energy into your dreams and interests and build your success.

## Book Information

Paperback: 176 pages

Publisher: Betterway Home (March 15, 2013)

Language: English

ISBN-10: 1440325251

ISBN-13: 978-1440325250

Product Dimensions: 6 x 0.5 x 9 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 23 customer reviews

Best Sellers Rank: #678,052 in Books (See Top 100 in Books) #115 in [Books > Crafts, Hobbies & Home > Home Improvement & Design > How-to & Home Improvements > Green Housecleaning](#) #740 in [Books > Crafts, Hobbies & Home > Home Improvement & Design > How-to & Home Improvements > Cleaning, Caretaking & Relocating](#) #1263 in [Books > Crafts, Hobbies & Home > Sustainable Living](#)

## Customer Reviews

After spending 13 years in branding and marketing for consumer products such as Budweiser, Nestle, Kraft and SC Johnson, Cristin Frank founded The Eve of Reduction, [eveofreduction.blogspot.com](http://eveofreduction.blogspot.com), a lifestyle movement encompassing upcycling, consumption control

and simple living. Her story and projects have been featured in Apartmenttherapy.com, Money magazine, NPR's Marketplace Money, CNNMoney.com and HGTV.com.

This book contains many tidbits of useful information with little exercises along the way. The author discusses creating a smaller footprint and learning to say no to excess obligations--the same basics covered by many authors. She then goes into detail about how she and her husband furnished their home with freebies from garbage piles. A number of how-to pictures are included, ie. reupholstering the padded seat of a dining chair, sewing curtains, "painting" furniture with patterned duct tape (hideous), making a coffee table from a scrap door and a bench from a headboard, building corner shelves for knick knacks, etc, etc. It's sound and potentially helpful information--and I'm forever thankful to individuals who save useful items from landfills. This book is likely ideal for the middle-ground person who wants to downsize some, and who seeks introduction to learning more do-it-yourself skills. However, fellow students on the path of minimalism may find a number of books more helpful than this one. The author lives in a 1900 sq. ft. house that is visually cluttered. The livingroom photo on page 157 shows only two walls of the room, yet squeezed into that space are 13 pieces of furniture and 4 table lamps. And while thumbing through pages of recycled furniture creations, I kept thinking, "I wouldn't want all that junk in my house. Leave it at the curbside for someone else to scavage." The title, at least for me, was a bit misleading. Had I better understood ahead of time the book's content, I would have passed on this one. I give her three stars for all the helpful information she packed into this volume. My goal is not to discourage anyone from buying this book. If it calls to you, or if the above description sounds like what you're seeking, then by all means, check it out. Perhaps, however, I can spare someone else out there the disappointment that I felt.

Mostly a glorification of the author's salvage and renovate skills. Not what I expected or wanted.  
Misled by the title.

This book has motivated me to clean out my closets and get rid of clutter everywhere! I love it! Fantastic advice and ideas given.

More on how to make stuff than keeping life free and happy.

This was a quick read for me. It was nice to know I have done some things right already, but it was

also nice to see another perspective.

Although I am not quite finished with this book, it has wonderful ideas and suggestion of how to declutter your home. I am going through this process right now. Wonderfully written and the cover alone is beautiful. Can't wait to put some of these ideas into my very busy life. Thank you for offering this at a great price.

I haven't entirely finished book yet, but thus far have found many helpful suggestions in my quest to declutter my home.

Perfect as expected.

[Download to continue reading...](#)

Debt Free for Life: The Ultimate Guide to Get Out of Debt (FREE Bonuses Included) (Debt, Debt Free, Debt Free Forever, Debt Free for Life, Debt Free for Good, Debt Management, Get Out of Debt) Living Simple, Free & Happy: How to Simplify, Declutter Your Home, and Reduce Stress, Debt & Waste Clutter-Free: ONE HOUR A WEEK DECLUTTER! Simple Stress-Free Habits of a Clutter-Free Life.How to Organize Your Home,Finance&Lifestyle! (Clutter Free,Lifestyle,Clutter,Declutter) Debt Free Living: How to Pay Off Debt and Live Debt Free in 10 Simple Steps Decluttering: The Benefits and Art of Minimizing and Organizing (declutter, declutter your home,organization,cleaning,decluttering book,tidying up,declutter your life) Declutter Your Mind Now - 22 Simple Habits To Declutter Your Mind & Live A Happier, Healthier And Stress-Free Life: How To Eliminate Worry, Anxiety & ... A Richer Life (Decluttering Secrets Book 1) Minimalism: How To Declutter, De-Stress And Simplify Your Life With Simple Living CLUTTER TO CLUTTER FREE: A Step by Step Guide on How to Organize and Get Rid of Clutter For a Stress-Free Life and Home (Home Organization, Hoarding, Declutter, Clutter free living with Kids) Simplify & Declutter Your Home for Organized Cleaning Habits: Train Your Mind with Energizing Music & Affirmations Minimalist Living: Simplify Your Life: Living a Stress Free Minimalist Lifestyle with Less Clutter and More Happiness Minimalist Living: Simplify, Organize, and Declutter Your Life Motorhome: Living For Beginners: How To Live The Simple, Stress Free, RV Lifestyle, Become, Independent, & Debt Free, (Buying A Used RV, Motorhome Touring, ... Life Hacks Book, Prep, Prep Kindle Book 1) Motorhome Living for Beginners: How to Live the Simple, Stress Free RV Lifestyle, Become Independent & Debt Free FRUGAL LIVING: MAKE MORE MONEY BY SPENDING LESS (Budgeting money free, How to save money tips, Get out of debt fast, Live cheap, Debt free, Spend

less) Anxiety - 220 Stress Free Cures: 120 Simple Ways to Reduce Stress in Your Life & 100 Powerful Quotes Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome, Boost Energy Levels, and Reduce Stress (Adrenal Fatigue Syndrome, Reduce Stress, Adrenal Fatigue Diet, Adrenal Reset Diet Book 1) Declutter: Rediscovering your home. Declutter at once.: Getting the Maximum Use of Every Room. Simplify Your Life: Living a Stress-Free Minimalist Lifestyle with Less Clutter and More Happiness The Debt Escape Plan: How to Free Yourself From Credit Card Balances, Boost Your Credit Score, and Live Debt-Free Rich Dad's Advisors®: The ABC's of Getting Out of Debt: Turn Bad Debt into Good Debt and Bad Credit into Good Credit

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)