



## The Simple Living Handbook: Discover the Joy of a De-Cluttered Life

By Lorilee Lippincott

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*Where did all this stuff come from? I don't have time for a life. I need to get away!* Ever feel this way? Society is quick to fill our minds and homes with all the latest gadgets, tools, obligations, and entertainment, but what happens when it all doesn't fit? *The Simple Living Handbook* is a how-to memoir about creating a life that has space for what really matters to you.

Lippincott's road to simplicity started in the fall of 2010 when she was on the verge of a breakdown. Her life was basically "normal"—husband, two kids, comfortable home, three home businesses—but she felt like she was running a rat race. She was desperate for more time and space to focus on family, health, and her own interests. So she and her husband decided to cut back on clutter—drastically. Now the family of four lives in a one-bedroom apartment with only the possessions they actually need and use; they stick to a simple diet of only whole foods “that God would recognize”; and they have managed to become productive without feeling busy. They've never been happier or healthier.

Through personal stories, advice, and tips, Lippincott teaches how to make the hard decisions necessary to simplify your home and your schedule. Beyond that, she addresses the hidden emotional hoarding that threatens to keep our souls running in circles. Through her inspiring story, readers will learn to take a step back, reassess priorities, and commit to making space for those people and things that really matter.

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**Bibliography**

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### **Editorial Review**

#### Review

“Minimalist lifestyle blogger Lippincott (LovingSimpleLiving.com) extolls the virtues of an uncluttered existence—both literally and figuratively—in this handy tome. While readers might be expecting yet another book on how to simply clean and organize their material possessions, the author goes several steps further to apply the simplification process to all areas of life—from paring down time-wasting habits like watching too much TV to letting go of excess guilt from the past. While Lippincott does offer useful tips on managing actual possessions, she insists that the key to a happy, fulfilled life is to learn how to focus on what is most important, spiritually and mentally, and discard the rest. Along the way, she shares her own stories about the processes she’s used to live these principles, including trading in a house for a small apartment (which she shares with her husband and two small children) and finding a way to say “No” when she’s overbooked. This thought-provoking offering will have readers seeing their lives and possessions in a new light.” (**Publishers Weekly**)

#### About the Author

**Lorilee Lippincott** is the author of the blog [lovingsimpleliving.com](http://lovingsimpleliving.com). After playing in the business world for a few years, she left to take care of her kids and work with her husband on entrepreneurial projects. She is now working on the lifelong degree of finding her own life, firmly believing that life is too short to try and live up to other people’s or society’s expectations. She and her husband homeschool their two children and run construction, writing, and photography businesses out of their one-bedroom apartment.

### **Users Review**

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**Shea Cross:**

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