



# Living with Less: The Upside of Downsizing Your Life

*By Mark Tabb*

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Mark Tabb won't ignore the facts about the hectic pace of modern life that we are, ironically, often too tired to acknowledge and change. In his candid and spiritually insightful *Living with Less*, he declares, "The only way to get more out of life is to choose less. Less stuff. Less activity. Less wanting more. . . . May God give us the courage to choose less stress in order that we might experience more of the life he has planned for us."

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### **Editorial Review**

#### **About the Author**

Mark Tabb has authored and coauthored over twenty books, including "Living with Less, the Upside of Downsizing Your Life "(B&H), and the 2004 Gold Medallion finalist, "Out of the Whirlwind "(B&H). He also collaborated with Stephen Baldwin on the "New York Times" bestseller, "The Unusual Suspect" (FaithWords). Mark is currently working with Alec Baldwin on his book, "A Promise to Ourselves "(St. Martin's Press).

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