



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

*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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