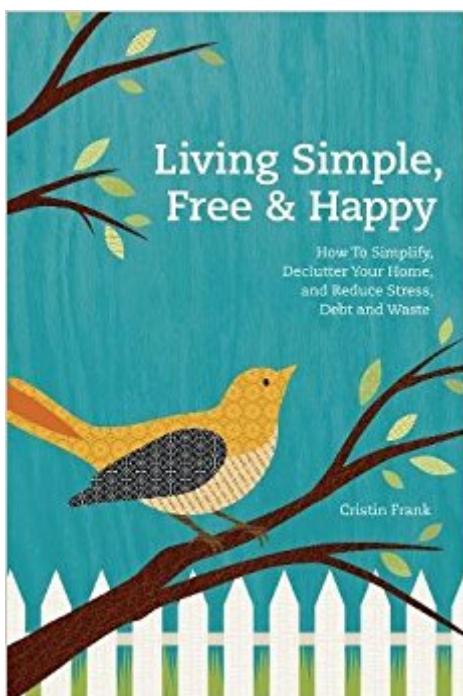


The book was found

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



## **Synopsis**

Upcycle Your LifeGet 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 returningA personalized plan to help you reclaim your timePractical (and profitable) ways to sell unused items in your homeTips to eliminate debt and curb consumptionStep-by-step upcycling projects that transform old, unwanted furniture into beautiful, customized organizing systemsDozens 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**

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## **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.

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