

## CONTENTS

CHAPTER ONE    MINIMALISM	1
Inside the Prison Walls of Consumerism	3
What Is Minimalism?	4
The Irony of Minimalism	5
Simple Isn't Radical	6
Is Minimalism Only for Single White Guys?	7
The Gospel of Less	8
About The Minimalists	10
About This Book	12
Constructing an Extraordinary Life	13
Whom This Book Is For	14
Not Utopia, but a Better World	15
 CHAPTER TWO    STUFF	 17
Consumption Is Not the Problem	19
You Are What You Desire	20
The Rats in the Tunnel	20
Adequate	22
How We Woke Up	23
Haunted by Desire	24
In Too Deep	25
Minimalism Scares the Shit Out of Me	26
Decluttering Doesn't Work Like That	27
Organizing Is Well-Planned Hoarding	29
A Short Guide to Getting Rid of Your Crap	30
A Well-Edited Life	33
You Are Not Impressing Me	34
I Counted All My Stuff	35

Start with the Easy Stuff_____	37
Letting Go of Sentimental Items _____	38
Packing Party: Unpack a Simpler Life _____	41
Photo-Scanning Party _____	47
Getting Rid of Just-In-Case Items _____	48
90/90 Rule _____	49
When Everything Is Your Favorite Thing_____	50
Favorite Clothes of a Minimalist_____	51
Spill Bleach on Your Wardrobe? _____	52
Things We Walk Away From _____	54
Home Is Where the Red Phone Is _____	56
I Don't Love You Anymore _____	58
A Rolex Won't Give You More Time _____	59
I Got Rid of 2,000 Books _____	61
Letting Go of Your DVD Collection _____	63
More Is Less? 65	

CHAPTER THREE    TECHNOLOGY _____	69
A Minimalist Approach to Technology _____	71
Digital Clutter Is Different _____	72
Shifting to a Culture of Access _____	74
Don't Upgrade _____	76
Reprogramming the Twitch _____	77
Sleep, Sex, and Reruns _____	80
Can I Get Him to Stop Watching TV? _____	81
Check Email Like a Minimalist _____	83
Deleting Music You No Longer Listen To ____ _	85
Online Congruency _____	87

CHAPTER FOUR    FINANCES _____	89
A Minimalist's Thoughts on Money _____	91

Money and Poverty Don't Buy Happiness ____	94
Money Does Not Buy Better Habits _____	95
Stimulate the Economy Like a Minimalist ____	96
Fool Price _____	98
Need, Want, Like _____	99
Financial Freedom _____	102
11 Signs You Might Be Broke _____	109
Important Things We Put Off _____	112
Can't Fix the Problem with the Problem _____	114

## CHAPTER FIVE || MINDFULNESS \_\_\_\_\_ 117

The Worst Thing That Could Happen _____	119
Declutter Your Mental Clutter _____	121
Fighting the Voice in Your Head _____	124
How to Start Meditating _____	129
Sam Harris Discusses Mindfulness _____	130
5 Ways to Create Solitude _____	137
A Quiet Place _____	139
Alone Time _____	141
Channel Surfing _____	143
Forever Does Not Exist _____	144
The Troubling Nature of Pop Culture _____	145
Costs and Benefits of Awareness _____	147
Offbeat _____	148
Overcoming Self-Doubt _____	150

## CHAPTER SIX || GIFT-GIVING \_\_\_\_\_ 153

When to Give Gifts _____	155
Gift Experiences, Not Stuff _____	156
Letting Go of Physical Gifts _____	157
The Commodification of Love	158

An Irresponsible Christmas _____	160
Let's Talk About Black Friday _____	161
40 Reasons to Avoid Black Friday _____	162
Ask for Better Christmas Presents _____	164
The Worst Christmas Ever _____	165
 CHAPTER SEVEN    PRIORITIES _____	 167
Real Priorities _____	169
Not Busy, Focused _____	170
Killing Time _____	172
Your Own Advice Is the Hardest Pill _____	174
The Right Path, Left Path, and No Path _____	175
The End Is Right Past the Horizon _____	176
What Is My Outcome? _____	177
WWJD: What Would Joshua Do? _____	182
The Rules We Live By _____	183
Direction _____	184
Moving Beyond Goals _____	186
The Discomfort Zone _____	187
Killing the Internet at Home _____	188
Letting Go of Vacation Photos _____	192
Prime Optimist _____	194
 CHAPTER EIGHT    HEALTH _____	 197
Health Is a Vehicle, Not a Destination _____	199
A Minimalist's Thoughts on Diet _____	201
18-Minute Minimalist Exercises _____	205
Simple Triggers _____	208
The Taste of Health _____	209
 CHAPTER NINE    RELATIONSHIPS _____	 213

Walk a Mile in My Blisters_____	215
Meaningful Relationships _____	217
It's Complicated _____	219
More Wins than Losses _____	220
Building Your Trust Muscle _____	221
Asking Others to Embrace Change _____	222
Letting Go of Shitty Relationships _____	226
Goodbye Fake Friends _____	228
Know Thy Neighbor _____	230
7 Ways to Meaningful Conversations_____	232
You Don't Have to Explain Yourself _____	234
Ending the Tyranny of Cool _____	235
Hey, Look at Me! I'm Relevant, Dammit! _____	237
Everyday Minimalists _____	238

CHAPTER TEN    PASSION _____	241
UnAmerican Dream _____	243
Unteachers _____	244
Life's Most Dangerous Question _____	246
What Is Your Mission? _____	249
"Follow Your Passion" Is Crappy Advice ____ _	250
Too Much Branding These Days _____	254
The Problem with Corporations _____	256
Not Hereditary_____	257
Create Your Masterpiece _____	259
The Details _____	263
Cola and Politics_____	265
Course Correction	266

CHAPTER ELEVEN    CONTRIBUTION _____	269
Adding Value _____	271

Ask Not What You Can Get _____	272
Here, Have an Organ _____	273
Repaying Intellectual Debt _____	275

## CHAPTER TWELVE || SUCCESS \_\_\_\_\_ 277

The Success Template _____	279
Life Is an Acquired Taste _____	281
The Right Kind of Fame _____	283
If, Then _____	287
Who to Emulate? _____	288
A Minimalist, a Cowboy, and an American _ _	289
There Will Be Bruises _____	292
Worthy _____	293
Elementary School and Grad School _____	294
30 Life Lessons from 30 Years _____	296
I Will Always Be Okay _____	302
<i>Fight Club's</i> Tyler Durden Is a Minimalist ____	303
Jefferson's 10 Rules for a Good Life _____	306
Life After the Crash _____	308
Live Like Stan _____	309