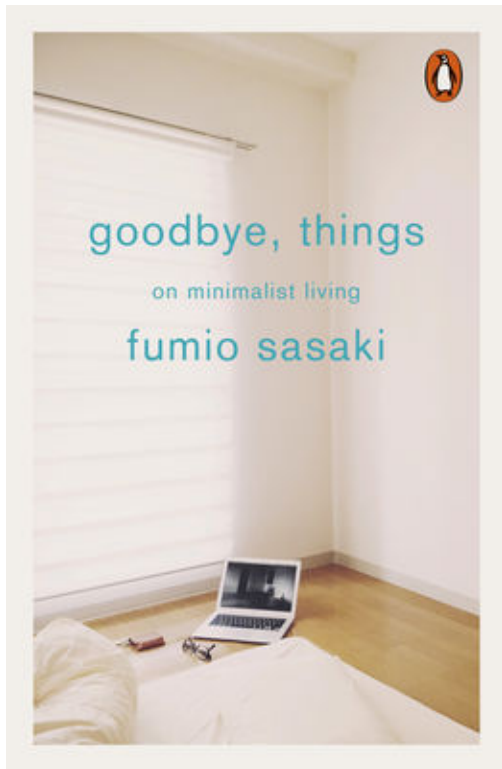


# Download gratis bøger Goodbye, Things (PDF - ePub - Mobi) Fumio Sasaki DbsBook



*'Meet the new king of decluttering' - The Times*

*'Take your spring cleaning to the next level with Goodbye, Things by Fumio Sasaki' - Parade*

*'There's happiness in having less. If you are anything like how I used to be - miserable, constantly comparing yourself with others, or just believing your life sucks - I think you should try saying goodbye to some of your things'*

Fumio Sasaki is a writer in his thirties who lives in a tiny studio in Tokyo with three shirts, four pairs of trousers, four pairs of socks and not much else. A few years ago, he realised that owning so much stuff was weighing him down - so he started to get rid of it.

In this hit Japanese bestseller, Sasaki explores the philosophy behind minimalism and offers a set of straightforward rules - discard it if you haven't used it in a year; be a borrower; find your uniform; keep photos of the things you love - that can

help all of us lead simpler, happier, more fulfilled lives.

<b>Titel</b>	:	Goodbye, Things
<b>Forfatter</b>	:	Fumio Sasaki
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