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# The Minimalist Mindset: The Practical Path To Making Your Passions A Priority And To Retaking Your Freedom



## Synopsis

What Would You Focus On If You Were No Longer Weighed Down By Your Unwanted Responsibilities? If you want to add something meaningful to your life, like traveling to exotic places, composing beautiful music, or experiencing a new friendship in a foreign language, you will need to figure out how to eliminate other things from your daily routine. Your time and money are not infinite so if you want to add something important to your life, there is no way to avoid removing something else. Unfortunately, these types of eliminations are very difficult to implement as they require removing something from your life that is already there for a specific reason. To make room for your passions are you going to sleep less? Are you going to spend less time with your family? Are you going to expend less energy at work? These are hard and often unrealistic trade-offs to make. The Minimalist Mindset is not a book about tidying up (that book has already been written) and it is not a book about the philosophical exploration of minimalism (that book already exists too). Instead, The Minimalist Mindset is a book about a down and dirty process you can use to make deliberate decisions about how to prioritize how you live your life. This book walks you through the habits you can implement to consistently make realistic and sustainable trade-offs so that you can prioritize your passions and retake your freedom. Best-selling author Danny Dover shows you a reproducible process he used to go from a boring life in a cramped apartment in Seattle, Washington, to a fulfilling multi-year adventure that included visiting nearly 100 countries, learning to play music, studying a new language, and the eventual completion of his more than 150-item Life List. In This Step-by-Step Guide, You Will Learn How To: Automate your finances so that you can effortlessly save more money than you thought was possible (Chapter 6) Spend more time with the people you love, while still doing the things you care about (Chapter 7) Say no, in a polite and effective manner, to incoming asks for your time or expertise (Chapter 7) Earn the clout necessary to work remotely from cities around the world (Chapter 8) Take control of your e-mail inbox once and for all (Chapter 12) If you are tired of working to enable others to follow their dreams rather than being able to pursue your own, The Minimalist Mindset is your escape hatch. Read this book now, and retake your freedom.

## Book Information

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## Customer Reviews

"Through the process of having a show, I get asked to read many many books. Danny Dover's book, *The Minimalist Mindset*, deserves every star that I can give it. If you are looking to change your life and want practical ways of doing it, then this is the book for you!" - David Ralph: Host of *Join Up Dots*"51 pages in and I took the simple actions that the author outlined in Chapter 6 & Money to save myself ~\$125 a month on recurring expenses, making the book well worth the investment!" - Peter Fantham: Business Manager"At the center of a Minimalist Mindset is Danny himself, offering to the reader a history that colors the book's bits of knowledge with a lot of heart. It compelled me to find my own reasons for wanting to live a simpler, freer, and ultimately more productive life. Editing a life can be hard work! *The Minimalist Mindset*, however, does a great job in giving the reader small and actionable edits that can be employed to free up brain space and utilize creativity for more compelling activities. I loved it!" - Pat McClure: Principal"I wish I had read this years ago. The book is comprehensive, actionable and full of relatable examples. By framing minimalism around habits rather than tasks, it makes simplifying complex routines much more attainable. I am only 50 pages in but have already learned a lot!" - Customer"I was a little skeptical going into this book as I kind of imagined that minimalism was self explanatory. (Just own less stuff, right?!) Happily, I was pleasantly surprised by this book. By approaching Minimalism as a mindset rather than a one-off chore it delivers much more value. I enjoy simplicity and this book showed me how to apply it to areas of my life that I had never considered simplifying before. Well worth the read!" - Sean Eggleston: Principal, Interior Design International, Inc.

This book has been my labor of love for the past two years! I am very excited that it is finally ready to share with the public! Rather than just recycling the tips that are available from various minimalism books and blogs, *The Minimalist Mindset* lays a solid foundation for minimalism first (by having the

reader clearly identify their "why" and the priorities that they would like to be pursuing in life) and then layers minimalism oriented habits on top of that foundation. This is done by guiding the reader through the creation of their own individualized framework. This hands-on approach to holistic and personalized minimalism is what makes this book different and more effective than other minimalism books. I am confident that you will find value in this book and look forward to hearing how it positively impacts you!- Danny Dover

Whether you are already started on your minimalist journey or you are feeling overwhelmed or anxious about the idea of paring down your objects, you're sure to find value in these pages. Danny Dover shares his own accidental journey into minimalism and explains the not so obvious benefits that he stumbled upon. You'll learn about the importance of subtraction as it related to addition and how to think about your time with more intention. One of my favorite quotes from the book is "Habits are the programming language of people". This stuck with me and made me think a lot more about my own habits. If a life centered on more experiences with the people who you love most is something you want to actively pursue, then purchase this book.

if you're constantly finding yourself saying, "I want this, I want to do that..." this book might be able to offer you some guidance. It offers simple, clear guidelines for analyzing the things in your life, and cutting through the arbitrary stuff to focus on what is important. Danny does not hold your hand or tell you what to do. He hands you tools. While I've only just read it, I've already been able to simplify my work by pushing projects out and setting a realistic schedule to give me more creator time and less meetings. I'd encourage everyone to read this insightful book on the Minimalist Mind.

Awesome book! Danny is a great storyteller and keeps you interested throughout the book. His writing voice is easy to follow and realistic. I also love that his advice is actionable. He makes it easy for you to create successful habits to automate your life.

This is the best book I have read about how to add important things to your life (as the book explains the trick is actually subtraction). Danny Dover gives practical advice on prioritizing your daily activities and has you ask important but hard questions about what you should be prioritizing according to your own worldview. My life is loaded with stuff, some good and some bad. Much of it I don't use nor need. I have been on a mission the past few months to discover the

best way to get rid of it while at the same time seeking a more rewarding life. This book gave me the road map I was looking for. The mindset explained in this book is bold but practical. The book is packed with advice on how to live the life you have been seeking, even if you don't know it yet.

This book makes minimalism manageable. The chapters are actionable, diverse (as far as range of subjects) and approachable. It is clear that Danny has put a lot of thought into many angles of minimalism. I appreciated this as it resulted in a holistic framework for minimalism rather than just a list of life hacks. Not every subject that was covered applied to my life but the ones that did made a real impact. That reason alone justified the price of the book!

51 pages in and I took the simple actions that Danny outlined in Chapter 6 "Money" to save myself ~\$125 a month on recurring expenses that I didn't even know about, making the book well worth the investment! Danny has done a great job offering tips, or "habits", to living a simpler life that can allow for more happiness without the usual stress or guilt that comes with these types of books. Enjoyable, and easy to read with lots of actionable (small) life improvements - many of which I did in the course of one weekend.

The Minimalist Mindset understands that changing any part of one's day-to-day takes the recognition of blind spots, addressing potentially uncomfortable truths, and taking bite-sized chunks towards a larger and better future. At the center of a Minimalist Mindset is Danny himself, offering to the reader a history that colors the book's bits of knowledge with a lot of heart. It compelled me to find my own reasons for wanting to live a simpler, freer, and ultimately more productive life. Editing a life can be hard work! The Minimalist Mindset, however, does a great job in giving the reader small and actionable edits that can be employed to free up brain space and utilize creativity for more compelling activities. I loved it!

This book discusses minimalism from every angle in your life; not just your "stuff" that's been piling up in your closet. It has something for everyone, and is a great and easy read for anyone interested in gathering ideas on how to refocus what's important in your life and how to live a bit more freely each day.

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