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~~Excerpt from the Book The Year
of Less by Cait Flanders~~

Introducing My 2020: Year Of
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The Year of Less by Cait Flanders

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Review: The Big Book of Less

from Flow Magazine \ "Year of

Less\ " by Cait Flanders: A Book

Review How many years of your

life are you spending...

Book Review, The Year of Less by

Cait Flanders Minimalist Money

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Management with Cait Flanders
THE YEAR OF LESS, Decluttering,
Downsizing \u0026amp; How to Get
Organised. THE JOY OF LESS BY
FRANCINE JAY | MINIMALIST
BOOK REVIEW Ale Hinojosa
Interviews Cait Flanders about her
NEW book “ The Year of Less ”

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Than 24 Hours The Year Of Less
How

Year of Less is inspiring . . . a
powerful example of how
transformative downsizing
possessions can be, and how you
can take it to the next level. (Katie

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Dalebout, author of 'Let It Out')

Cait comforted herself with alcohol, binge eating, and compulsive shopping, then finally said, 'Enough is enough.'

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The Year of Less: How I Stopped Shopping, Gave Away My ...

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Cait Flanders is the author of Wall Street Journal bestseller, THE YEAR OF LESS. Described by Vogue as “a fascinating look into a living experiment that we can all learn from,” it has been translated into 10 languages, and sold more than 190,000 copies.

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The Year of Less: How I Stopped
Shopping, Gave Away My ...

The Year of Less documents
Cait's life for twelve months

during which she bought only
consumables: groceries, toiletries,
gas for her car. Along the way, she

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challenging herself to consume less
of many other things besides
shopping.

More Than Less | Cait Flanders

So what is The Year of Less all
about? Why is it worth reading?

Key points from The Year of Less.

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1. Save first, spent what's left over; 2. Live on less; 3. Avoid impulse purchases; 4. Clear the clutter; 5. Question why you buy; 6. Face up to emotions; 7. Beware of debt; 8. No, you don't deserve it; 9. Question who are you buying for; 10. Buy what you need when

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Shopping Gave Away My
you need it; 11.

Belongings And

Review: The Year of Less - Much
Discovered Life Is Worth
More With Less

Reading The Year of Less by Cait

Flanders was both easy and hard.

It was easy because the book
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shares an interesting story and

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Cait is a solid writer, with an engaging style.. But it was hard because the lessons Cait learned from her year of less were difficult ones, and the emotions she had to work through to learn them reminded me of painful struggles from my own life.

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Book Review: The Year of Less |
Good Life. Better.

The Year Of Less by Cait Flanders

Source:Supplied. This is an edited

extract from The Year Of Less by

Cait Flanders, \$19.99, Hay House,

out now. trending in lifestyle.

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Belongings And

The Year Of Less: Book extract
about spending less money

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more.

The Year of Less: How I Stopped

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Shopping, Gave Away My ... My

More than ever we are committed
to downsizing our lives, to be

content with less, to give more,

and to make greener choices, not

just for the sake of the planet, but

for the sake of it's people. We also

had no idea how overwhelming it

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would be. Sharing your life online
is a lot of work.

The Year of Less

More Than Less; Newsletter;

Contact; Skip to content. Personal
A New Way for Us to Connect.

November 6, 2020 November 6,

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2020. Well, that was a nice surprise. I published my first little hello in more than two years, and was greeted with the loveliest responses. When I say that was a surprise, I truly mean it. I 've thought about writing ...

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Cait Flanders Gave Away My

The Year of Less documents the 12 months during which Cait spent money only on the essentials - food, bills, car fuel - and steadily cleared out 70 per cent of her belongings. She learned to make do and mend, imposed a television

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Shopping and researched the zero waste movement.

The Year of Less by Cait Flanders
| Waterstones

Bestselling author of The Year of
Less: How I Stopped Shopping,
Gave Away My Belongings and

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Discovered Life Is Worth More
Than Anything You Can Buy in a
Store...

Discovered Life Is Worth

More Than Anything You
Can Buy in A Store
The Year of Less | Cait Flanders |
Talks at Google - YouTube

12 months of the year. * Leap year
occures every 4 years, except for

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shopping that are divisible by 100
and not divisible by 400.

Months of the Year list -

RapidTables.com

"The Year of Less" (Book Review)

By. Katherine Martinko. Senior
Writer. University of Toronto;

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Katherine Martinko is a writer and expert in sustainable living. She holds a degree in English ...

"The Year of Less" (Book Review)
- Treehugger

The Year of Less documents Cait's life for twelve months during

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which she bought only
consumables: groceries, toiletries,
gas for her car. Along the way, she
challenged herself to consume less
of many other things besides
shopping.

The Year of Less - Beehive

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The Year of Less In her late
twenties, Cait Flanders found
herself stuck in the consumerism
cycle that grips so many of us:
earn more, buy more, want more,
rinse, repeat. Even after she
worked her way out of nearly

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\$30,000 of consumer debt, her old habits took hold again.

The Year of Less: How I Stopped Shopping, Gave Away My ...
Description. The Year of Less In her late twenties, Cait Flanders found herself stuck in the

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shopping cycle that grips so many of us: earn more, buy more, want more, rinse, repeat. Even after she worked her way out of nearly \$30,000 of consumer debt, her old habits took hold again. When she realized that nothing she was doing or buying was making

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her happy—only keeping her from meeting her goals—she decided to set herself a challenge: she would not shop for an entire year. The Year of ...

The Year of Less: How I Stopped Shopping, Gave Away My ...

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The Year of Less In her late twenties, Cait Flanders found herself stuck in the consumerism cycle that grips so many of us: earn more, buy more, want more, rinse, repeat. Even after she worked her way out of nearly \$30,000 of consumer debt, her old

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habits took hold again. When she realized that nothing she was doing or buying was making her happy—only keeping her from meeting her goals—she ...

The Year of Less - Hay House

The upfront sticker price may be

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high, but running costs and - My
crucially - resale value predictions
for the Vauxhall Vivaro-e make it a
compelling proposition

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