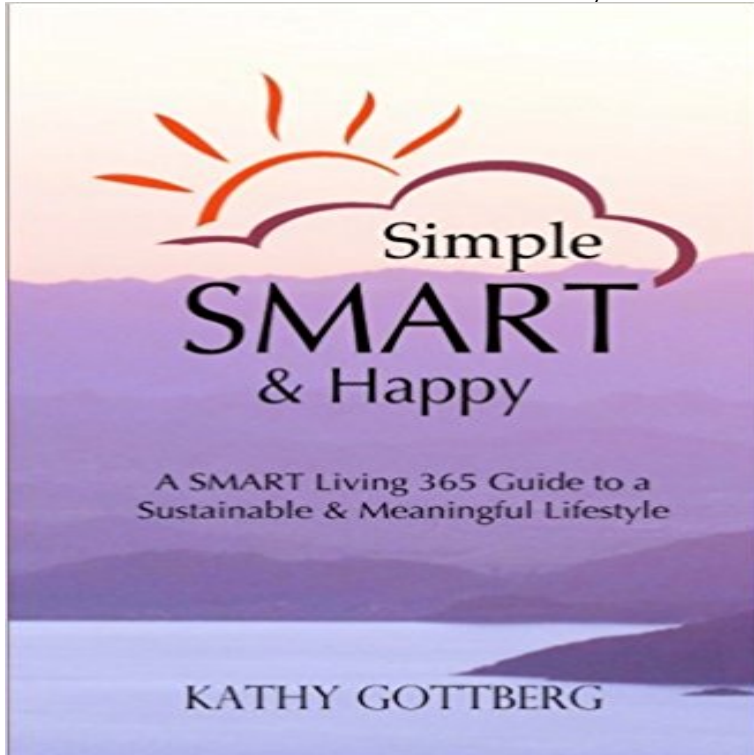


Simple * SMART * Happy: The SMART Living 365 Guide To A Sustainable & Minimal Lifestyle



Ever feel overwhelmed by all the stuff in your life? Ever wonder if your life would be happier if things were more simple? Research now shows that when a person steps back from a busy and complicated life they learn that a simple, more minimal approach offers everything they need to live a joyful and meaningful life. Simple * SMART * Happy is a collection of posts written by Kathy Gottberg on her blog SMART Living 365.com. These articles address some of her best ideas about the topic, and tie into how each of us can discover our own version of simple in order to experience a more fulfilled and rewarding life. The true value of a simple life is not one of sacrifice or denial. It is never about giving up or giving in. Instead a more focused, minimal life offers a growing awareness of what is truly most valuable and life enhancing. Sharing tips, how-tos, research and personal perspectives, Simple * SMART * Happy offers readers a new way to start experiencing the world and life. Join Kathy as she explores how each of us can create a more simple, happy and SMART Life 365.

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