

Simple Living

10% Happier: How I Tamed the Voice in My Head, Reduced Stress without Losing My Edge, and Found Self-help That Actually Works: A True Story

by Dan Harris

Don't Sweat the Small Stuff -- And It's All Small Stuff: Simple Ways to Keep the Little Things from Taking Over Your Life

by Richard Carlson

Essentialism: The Disciplined Pursuit of Less

by Greg McKeown

Flow: The Psychology of Optimal Experience

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God Never Blinks: 50 Lessons for Life's Little Detours

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by Judith Orloff

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by Gretchen Rubin

The Holy Way: Practices for a Simple Life

by Paula Huston

The Life-changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing

by Marie Kondō

The Power of Less: The Fine Art of Limiting Yourself to the Essential...in Business and in Life

by Leo Babauta

The Winter of Our Disconnect: How Three Totally Wired Teenagers (and a Mother Who Slept with Her iPhone) Pulled the Plug on Their Technology and Lived to Tell the Tale

by Susan Maushart