

Simplify Your Life, Follow Your Bliss, and Discover What It Truly Means to Live On

Living in a fast-paced world can often leave us feeling overwhelmed and disconnected from ourselves. We spend our days rushing from one task to another, barely taking a moment to pause and reflect. In this chaotic lifestyle, it's easy to lose sight of what matters most - our own happiness and fulfillment.

But what if there was a way to simplify your life, follow your bliss, and truly live on? What if you could find a sense of purpose and meaning in every aspect of your existence? It may sound too good to be true, but with a few key changes and a shift in perspective, living a more intentional and fulfilling life is within reach.

The Power of Simplicity

Simplicity is a concept that has been embraced by many great thinkers throughout history. From Henry David Thoreau to Marie Kondo, the idea of simplifying our lives has always held a certain allure. But what exactly does it mean to simplify?



The Joy of less: Simplify Your Life, Follow Your Bliss and Discover What it Means to Live On Purpose

by Cary David Richards (Kindle Edition)

★★★★☆ 4.3 out of 5

Language	: English
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Enhanced typesetting	: Enabled
X-Ray	: Enabled
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Print length	: 94 pages
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Simplifying your life is about more than just decluttering your physical space (although that can be a great place to start). It's about stripping away the unnecessary and focusing on what truly brings you joy and contentment. It's about prioritizing and organizing your time, energy, and resources in a way that aligns with your values and goals.

When we simplify, we create space for the things that matter most. We eliminate distractions and make room for clarity and growth. By letting go of what no longer serves us, we make way for the things that truly matter - our relationships, our passions, and our personal development.

Following Your Bliss

In his book "The Power of Myth," Joseph Campbell famously said, "Follow your bliss and the universe will open doors for you where there were only walls." But what does it mean to follow your bliss?

Following your bliss is about pursuing what truly lights you up inside. It's about engaging in activities, relationships, and pursuits that bring you a deep sense of joy and fulfillment. When you follow your bliss, you are tapping into your authentic self and aligning your actions with your innermost desires.

It's important to note that following your bliss does not mean abandoning your responsibilities or ignoring reality. It's about finding ways to infuse your everyday life with moments of bliss and happiness. It's about making conscious choices

that bring you closer to your dreams and allow you to live a life that is in alignment with your values.

Discovering What It Truly Means to Live On

So, what does it truly mean to live on? Living on is about more than just surviving or going through the motions. It's about experiencing life to the fullest and finding purpose in each moment.

Living on means embracing the beauty and uniqueness of every day. It means cherishing the relationships and connections we have with others. It means pursuing our passions and dreams, irrespective of societal expectations or judgments.

Living on is about finding joy, gratitude, and fulfillment in the small things. It's about being present and fully engaged in each moment, rather than constantly yearning for the future or dwelling on the past.

When we simplify our lives and follow our bliss, we open ourselves up to a world of possibilities. We discover what it truly means to live on - to live a life that is filled with purpose, meaning, and joy.

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Simplifying your life, following your bliss, and discovering what it truly means to live on may seem like lofty goals, but they are within your reach. It's about making intentional choices, letting go of what no longer serves you, and aligning your actions with your values and passions.

So, take a moment to reflect on your own life. Are there areas where you can simplify and create more space for what matters most? Are there passions or

dreams that you've been putting off? Are you truly living on, or are you merely going through the motions?

Remember, life is a precious gift. It's never too late to simplify, follow your bliss, and discover what it truly means to live on.



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What if you could live on purpose and reduce or eliminate most of the stress and worry that you experience on a daily basis?

Overwhelmed and exhausted, we tend to hit the ground running every morning without much thought to what exactly we are doing or why we're doing it. Phone calls, texts, e-mails, Kids sports and yoga classes. It's all a blur of activity and deadlines. Are these activities meaningful to you? Are they contributing to your joy and serenity? Or, is the mindless rushing about simply a way of not thinking about what's really important?

Simple organized living is a wonderful concept but it takes more than throwing a bunch of unwanted stuff in a box and making a dump run. It requires a paradigm shift and a commitment to doing things in a different way. An attitude shift towards the things you have and the things you want.

Before you simplify downsize or de-clutter your space, you need to be able to be emotionally and spiritually ready to handle the de-cluttering, downsizing and simplifying projects you are going to tackle.

You'll also need to permanently change your habits and attitudes towards your material possessions as well as your relationships.

In this work, Cary David Richards details how he and his wife Jeannie were forced by circumstances to downsize and simplify. How over time they came to understand that although minimalism and essentialism may have different definitions to different people, they have some very tangible and important long term benefits including reduced stress and being able to think with clarity and vision.

Block some time out of your busy schedule and Let Cary David explain how to painlessly and effectively simplify your existence...

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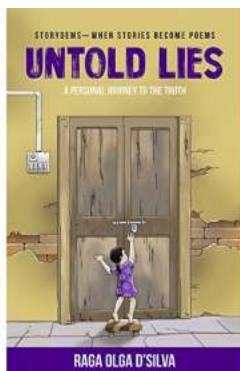
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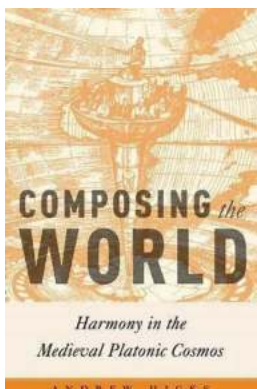
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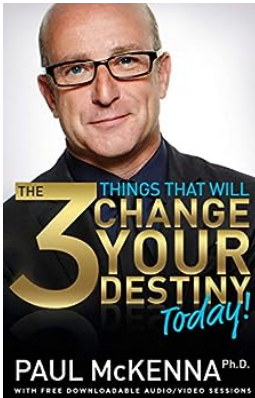
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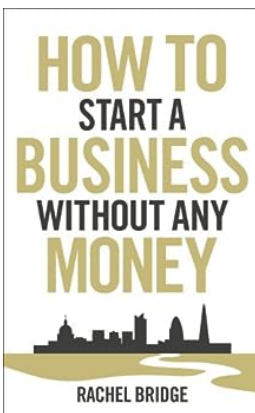
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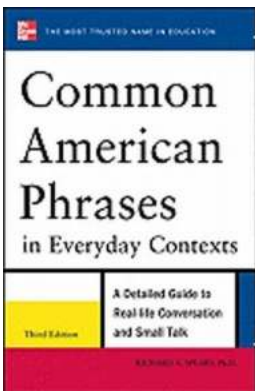
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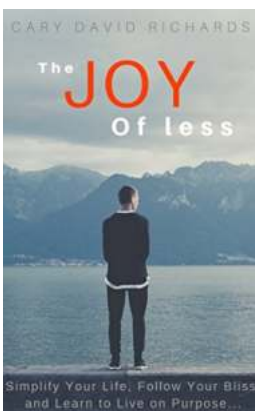
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