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The Year Of Less How

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

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

The Year of Less: How I Stopped Shopping, Gave Away My Belongings, and Discovered Life Is Worth More Than Anything You Can Buy in a Store by Cait Flanders (Goodreads Author)

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The Year of Less | Cait Flanders

If you're looking for inspiration and practical examples of how to take steps toward a better future for yourself and the people you love, The Year of Less will give you that and so much more." — Anthony Ongaro, founder of breakthetwitch.com

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

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Cait Flanders is a Canadian personal finance blogger who was the first person I ever heard of to do a year-long shopping ban. She has published a book about the experience, titled " The Year of...

"The Year of Less" (book review) | TreeHugger

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

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Make 2020 the Year of Less Sugar One of the best things you can do for your health is to cut back on foods with added sugar. Our 7-Day Sugar Challenge will show you how.

Make 2020 the Year of Less Sugar - The New York Times

Cait Flanders is a former binge consumer turned mindful consumer of everything. Her first book, *The Year of Less*, is a self-help memoir and a WSJ bestseller.

Cait Flanders

An Unfortunate Announcement Concerning The Year of Less blog
We had no idea when we started this year of less how much it would change our hearts and bless our growing family. 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 Year of Less

Reading *The Year of Less* by Cait Flanders was both easy and hard. It was easy because the book shares an interesting story and 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.

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

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

The Year of Less - Hay House

More of a memoir than a guidebook, *The Year of Less* is a deep dive into what happens when you take a giant step away from consumerism. Cait Flanders paid off \$30K of debt, and then imposed a year-long shopping ban. She chronicles her journey with unflinching honesty and careful self-examination.
Recommended By Mary Jo S., Powells.com

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

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The Year of Less: How I Stopped Shopping, Gave Away My Belongings, and Discovered Life Is Worth More Than Anything You Can Buy in a Store Hardcover – Jan. 16 2018 by Cait Flanders (Author) 4.3 out of 5 stars 620 ratings See all formats and editions

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

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Published on Jun 14, 2018 Bestselling author of The Year of Less: How I Stopped Shopping, Gave Away My Belongings and Discovered Life Is Worth More Than Anything You Can Buy in a Store, Cait...

Cait Flanders: "The Year of Less" | Talks at Google

By western standards, we don't have much. We have five (soon to be six) kids in a house little more than 1000 sq. feet. We live with one vehicle, no fancy vacations, on one modest income.

The Year of Less: About Us

The Year of Less documents Cait's life for 12 months during 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 (Audiobook) by Cait Flanders | Audible.com

Description 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 habits took hold again.

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

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The Year of Less Quotes Showing 1-25 of 25 "More was never the answer. The answer, it turned out, was always less." — Cait Flanders, The Year of Less: How I Stopped Shopping, Gave Away My Belongings, and Discovered Life Is Worth More Than Anything You Can Buy in a Store

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The Year of Less Quotes by Cait Flanders

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 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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