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The Heart of Simple Living: 7 Paths to a Better Life

Wanda Urbanska

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The Heart of Simple Living: 7 Paths to a Better Life Wanda Urbanska

The Heart of Simple Living is your road map to a more balanced life - a life centered on self-discovery. Fewer possessions. More time. More friends. More meaning. This book will help you identify objectives for your life and create awareness of your actions and finances, while planning for your future.

This inspirational book delivers seven tangible and actionable paths, woven together with real-life stories and humor along the way. You can follow these paths sequentially or cherry-pick them one at a time. Pursuing a life of simplicity is a journey, and as you blaze the trail to your simple life, celebrate the magic and joy of family, ritual and community - the perfect prescription for essential good health and well-being.

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