



Minimalista! Come preparare e controllare il tuo vivere minimalista (Italian Edition)

The Blokehead

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Nella corrente società l'individuo è sempre sotto pressione da vari elementi sociali (televisione, social media, marketing,...) e devo andare incontro a certi standard. Come stabilito da alcuni autori ciò porta alla alienazione dell'essere, ciò porta a individui che stanno in un ciclo in cui fanno delle cose (compare, pulire, organizzare, invitare,...) senza pensare su quello che è importante o il significato di ciò che li circonda. Il risultato è un individuo circondato da tante persone, da tante cose ma si sente prigioniero, ha un mare di cose da fare ed è pieno di debiti. Questo libro propone di organizzare la vita usando un approccio minimalista. Attraverso la lettura si parte da una introduzione del minimalismo e si forniscono idee base del minimalismo e come applicarle alla vita. Lo scopo ultimo è pulire la vita di una persona e adornarla con poche cose (siano esse cose fisiche, persone o altre entità) ma che hanno valore, significato e non rendono l'individuo schiavo o non creano stress ma portano bellezza, pace, armonia nella vita. A livello materiale l'individuo dovrebbe avere meno cose da fare, più cose di valore e più soldi'.

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