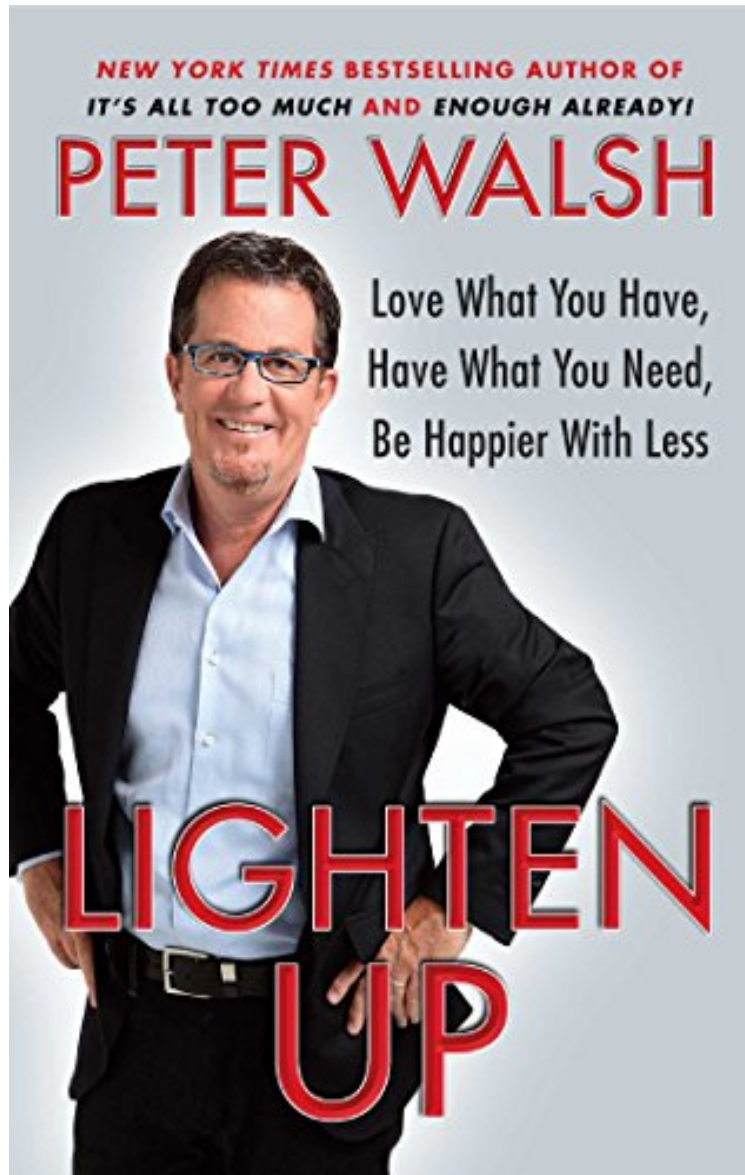


[Download] *Lighten Up: Love What You Have, Have What You Need, Be Happier with Less*

Lighten Up: Love What You Have, Have What You Need, Be Happier with Less

Peter Walsh

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Peter Walsh : Lighten Up: Love What You Have, Have What You Need, Be Happier with Less before purchasing it in order to gauge whether or not it would be worth my time, and all praised *Lighten Up: Love What You Have, Have What You Need, Be Happier with Less*:

8 of 8 people found the following review helpful. Are you ready to live a simpler life? By Cooler by the Lake I have read a good number of books on organizing and decluttering your life, and I have read a couple of Paul Walsh's books.

So far I have found his advice to be the most motivating for me and the most likely to actually be taken. It's true that this book is not a step-by-step instruction booklet on "how" to organize everything; it is a book that reveals "why" you haven't done it in the past and "how" to change your way of thinking so that you can finally achieve the life you have always wanted. There are many useful tips and ideas on how to go about it, but that has really been covered in his other books. He explains that if you read organizational books and find that you still don't put them into action, then you need to finally look at it with a new perspective and understand why you can't let go and why you keep bringing it in. He repeats often that our problem with having and wanting too much is really "not about the stuff" but rather about how we view the stuff. His question that got me truly thinking was "What is the vision you have for the life you want?" I always thought I knew what that was, but this made me envision every area of my life and picture what my ideal vision was. He also asks the question of what are the most important things in your life and points out that few of us would answer with the "stuff" we own. The most important things in our lives aren't usually "things." They are usually family, friends, health...not material things. And if material things are what really make people happy, why are there so many unhappy wealthy people? Why is it that even though we acquire more and more stuff, we are not more and more satisfied with life? One of the most important lessons he teaches us in this book is that in the last couple of generations, the difference between needs and wants has become very blurred. Not only do we often believe that our "wants" are our "needs", we have even stretched our expectations to "entitlements." Gone are the days when people understood that you only deserve what you have worked for. Period. He helps us to step back and learn how to differentiate wants from needs and encourages us to learn to live with what we need and less of what we think we want. He shows us how much simpler our lives could be if we could adopt a less-is-better lifestyle. Paul Walsh encourages the reader to write out goals. After all, you have to know what you really want for your life if you are ever to achieve it. He also suggests that you do "audits" of your personal and financial life, assess how far you are from those goals, and understand what is in the "gap" between your vision and reality. Then you can make a plan to reach those goals that will fulfill your life. This is a book about reducing the stress in your life, of getting off the "more is better" bandwagon, understanding that things do not bring happiness, and how to stop turning to stuff for our happiness fix. This book is less about organizing and more about "planning for the full, happy life you want to live." Simpler really is better. 0 of 0 people found the following review helpful. Living Lighter By Songbird JMWI love Peter's books, He uses down-to-earth recommendations laced with humor and amusement. The daunting task of being organized and uncluttered can be extremely overwhelming to say the least, but Peter Walsh makes it all seem fun. You also get a dose of loving yourself regardless of your clutter situation and there is a type of acceptance you feel from this man's writing. I am still a work in progress but anticipate being fully clutter-free and organized by Dec 2015 (but don't hold me to it, LOL). If only I could get the author to come personally and organize everything... 1 of 1 people found the following review helpful. Another great book by Peter Walsh By nausetsunrise I will admit right up front that I adore Peter Walsh from reading his books and watching his video. He is inspiring and has had a profound impact on my life outlook, family and home. I have gotten rid of all kinds of things and have never looked back. I've shed lots of things that just weighed me down with bad memories and obligations. This book, specifically, addresses not just getting rid of stuff, but also takes the next step wherein we examine our desire for more or different to get to the heart of what makes us crazy wanting so that we are content with our lives as they are. Sure, we can change some things. However, the point of this book is for us to be truly happy and satisfied with what we already have in our lives, to be sure we work toward things we need and to overall be happier with less stuff yet a lot more love, happiness and contentment. The only thing I advise hanging onto are Walsh's books because they are helpful to read again and again to continually work through tough times and remind yourself of what is most important.

The bestselling author, clutter expert, and host of Enough Already! with Peter Walsh offers a roadmap to creating a less-is-more life and how a life of less can actually be a life of great abundance. It seems as though not a day goes by that we don't think about money. We try to save more. We strive to use less credit. We worry about funding our retirement and our children's education. Yet we continue to spend money on things that don't matter. Peter Walsh knows that money and debt can overwhelm your life even faster than clutter, and he has a plan to help you deal with that emotional and financial chaos. Sometimes our problems are not really about the physical stuff but about the emotional fabric of our lives—from our relationships with money to our relationships with people and even how we define and find happiness. In *Lighten Up*, Peter demonstrates that this reassessment of priorities is a great opportunity to examine our lives and circumstances and to make the changes necessary to focus on the things that really matter. Exploring the real source of happiness, Peter offers a clear strategy for finding the delicate balance between what we have, what we need, and what we want or feel entitled to. With three unique audits that cover every aspect of our well-being, he takes us step by step through sizing up not just our possessions and financial statements but also our thoughts, goals, use of time and energy, and even our innermost sources of tension. He then shows us how to embrace the changes we've experienced, set a new path for the future, and come to accept that living on less can feel—and be—so much richer. Peter's plan will help you achieve a personal balance that brings you happiness and the courage to choose a richly rewarding life over the mindless pursuit of more stuff.

From Publishers Weekly Organizational guru Walsh (Enough Already!) coaches readers in dealing with psychological clutter tied to money and finances so they can live thrifty lives that are also liberating, pleasurable, and rewarding. In a book brimming with case studies, pop quizzes, letters from Walsh's fans testifying to the joys of living with less, and exercises probing what readers want from their financial lives, careers, and relationships, Walsh says we must discern our wants from our needs so that the overpurchasing of goods and services doesn't just consume our energy and bank accounts but also our happiness and our chances of achieving peaceful lives. At the crux of this book are three audits designed to instigate life changes: a financial audit combined with assessments of the physical junk filling our homes and the emotional junk causing tension in our lives. Throughout, Walsh challenges readers to face not just the physical clutter overwhelming their homes but also the psychological underpinnings to their habits and attitudes, to confront family members, and to establish tough boundaries within the limits of their family's means. Although the advice is familiar, motivated readers will find plenty of helpful tips to jump-start their self-transformations. (Jan.) (c) Copyright PWxyz, LLC. All rights reserved. "He is a genius." — The New York Times "With the help of John Lee's enthusiasm and consistency, Walsh's inviting wisdom creates the hope that we can rein in our excesses and recast what it means for us to be happy." ---AudioFile