

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



In his previous best-selling books, Peter Walsh helped audiences successfully get rid of the clutter in their homes, on their bodies, and in the six key emotional and spiritual areas of their lives. Now, in *Lighten Up*, Walsh explores what happens when the clutter is finally gone and shows listeners how to let go of wanting more and learn to live a richer, fuller life with what they already own. For many of us, the new austerity has left us feeling afraid and deprived, but Walsh explains that this shift in priorities is a great opportunity to reassess our lives and circumstances and make changes that focus us on the things that really matter. He asks two questions: How much does the life you want cost---in money, time, and energy? And what would your ideal life be? He then offers clear practical steps to help listeners find the balance between these two answers and offers ways to scale down their wants by repurposing, reusing, and reimagining what they already own so that they can create a life of clarity, balance, and peace.

Lighten Up: Love What You Have, Have What You Need, Be Happier with Less [Peter Walsh, John Lee] on . *FREE* shipping on qualifying offers. - **Lighten Up: Love What You Have, Have What You Need** The Paperback of the *Lighten Up: Love What You Have, Have What You Need, Be Happier with Less* by Peter Walsh at Barnes & Noble. **Lighten Up: Love What You Have, Have What You Need, Be Happier with Less** by Peter Walsh - The bestselling author, clutter expert, and host of *Enough 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** Editorial Reviews. From Publishers Weekly. Organizational guru Walsh (*Enough Already!*) *Lighten Up: Love What You Have, Have What You Need, Be Happier with Less* - Kindle edition by Peter Walsh. Download it once *Lighten Up: Love What You Have, Have What You Need, Be Happier with Less* Kindle Edition. by **Images for Lighten Up: Love What You Have, Have What You Need, Be Happier with Less** Read *Lighten Up: Love What You Have, Have What You Need, Be Happier with Less* book reviews & author details and more at . Free delivery on **Lighten Up: Love What You Have, Have What You Need, Be Happier with Less** Peter Walsh - *Lighten Up: Love What You Have, Have What You Need, Be Happier with Less* jetzt kaufen. ISBN: 9781439155141, Fremdsprachige Bücher **Lighten Up: Love What You Have, Have What You Need - Amazon** **Lighten Up: Love What You Have, Have What You Need, Be Happier with Less** Buy *Lighten Up: Love What You Have, Have What You Need, Be Happier with Less* on ? FREE SHIPPING on qualified orders. **Lighten Up: Love What You Have, Have What You Need, Be Happier with Less** Buy *Lighten Up: Love What You Have, Have What You Need, Be Happier with Less* by Peter Walsh (ISBN: 9781439155158) from Amazons Book Store. Free UK **Lighten Up: Love What You Have, Have What You Need, Be Happier with Less** Listen to a free sample or buy *Lighten Up: Love What You Have, Have What You Need, Be Happier with Less*

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