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of Less" How To Write A Book In Less  
Than 24 Hours The Year Of Less How  
Year of Less is inspiring . . . a powerful  
example of how transformative



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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.'

The Year of Less: How I Stopped

*Page 9/32*

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Shopping, Gave Away My ...

Cait Flanders is the author of Wall Street Journal bestseller, THE YEAR OF LESS. Described by Vogue as "a fascinating look into a living experiment that we can all learn from," it has been translated into 10 languages, and sold more than 190,000 copies.

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

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

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things besides shopping. Gave

Away My Belongings And

The Year of Less | Cait Flanders

So what is The Year of Less all about?

Why is it worth reading? Key points from

The Year of Less. 1. Save first, spent

what's left over; 2. Live on less; 3. Avoid

impulse purchases; 4. Clear the clutter; 5.

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Stopped why you buy; 6. Face up to emotions; 7. Beware of debt; 8. No, you don't deserve it; 9. Question who are you buying for; 10. Buy what you need when you need it; 11.

Review: The Year of Less - Much More  
With Less

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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

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they reminded me of painful struggles  
from my own life.

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

The Year Of Less by Cait Flanders

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More than ever we are committed to

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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 sake of it's people. We also had no idea how overwhelming it would be. Sharing your life online is a lot of work.

The Year of Less

*Page 19/32*

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The Year of Less; Newsletter; Contact;  
Skip to content. Personal A New Way for  
Us to Connect. November 6, 2020  
November 6, 2020. Well, that was a nice  
surprise. I published my first little hello in  
more than two years, and was greeted with  
the loveliest responses. When I say that  
was a surprise, I truly mean it. I've

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thought about writing ...

Cait Flanders

The Year of Less documents the 12 months during which Cait spent money only on the essentials - food, bills, car fuel - and steadily cleared out 70 per cent of her belongings. She learned to make do

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and mend, imposed a television ban and researched the zero waste movement.

The Year of Less by Cait Flanders |

Waterstones

Bestselling author of The Year of Less:

How I Stopped Shopping, Gave Away My  
Belongings and Discovered Life Is Worth

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12 months of the year. \* Leap year occurs  
every 4 years, except for years that are  
divisible by 100 and not divisible by 400.

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Months of the Year list - RapidTables.com  
"The Year of Less" (Book Review) By.  
Katherine Martinko. Senior Writer.  
University of Toronto; Katherine Martinko  
is a writer and expert in sustainable living.  
She holds a degree in English ...



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"The Year of Less" (Book Review) -

Treehugger

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 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

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of nearly \$30,000 of consumer debt, her old habits took hold again.

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

Description. The Year of Less In her late twenties, Cait Flanders found herself stuck in the consumerism cycle that grips so

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Stopped Shopping, 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. When she realized that nothing she  
was doing or buying was making her  
happy—only keeping her from meeting her  
goals—she decided to set herself a

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challenge: she would not shop for an entire year. The Year of ...

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Shopping, Gave Away My ...

The Year of Less In her late twenties, Cait  
Flanders found herself stuck in the  
consumerism cycle that grips so many of

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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. When she realized that nothing she was doing or buying was making her happy—only keeping her from meeting her goals—she ...

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The Year of Less - Hay House

The upfront sticker price may be high, but running costs and - crucially - resale value predictions for the Vauxhall Vivaro-e make it a compelling proposition

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