



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

*Peter Walsh*

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## **Lighten Up: Love What You Have, Have What You Need, Be Happier with Less** Peter Walsh

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.

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