



Essential: Essays by The Minimalists

By Joshua Fields Millburn, Ryan Nicodemus

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Essential: Essays by The Minimalists By Joshua Fields Millburn, Ryan Nicodemus Bibliography

- Sales Rank: #25769 in Books
- Published on: 2015-05-01
- Original language: English
- Number of items: 1
- Dimensions: 8.00" h x .84" w x 5.00" l, .40 pounds
- Binding: Paperback
- 334 pages

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Editorial Review

Review

"Helping us end our obsession with stuff."

--*LA Weekly*

About the Author

The Minimalists--Joshua Fields Millburn & Ryan Nicodemus--are bestselling authors and international speakers who write and speak about living a meaningful life with less stuff. Their books include *Essential: Essays by The Minimalists*, *Minimalism: Live a Meaningful Life*, *As a Decade Fades: A Novel*, and *Everything That Remains: A Memoir*. They have been featured in the *New York Times*, *Wall Street Journal*, *USA Today*, *Forbes*, *Boston Globe*, *San Francisco Chronicle*, *Chicago Tribune*, *Seattle Times*, *Toronto Star*, *Globe & Mail*, *Vancouver Sun*, *Village Voice*, *LA Weekly*, and many other outlets. Visit the authors online at TheMinimalists.com.

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