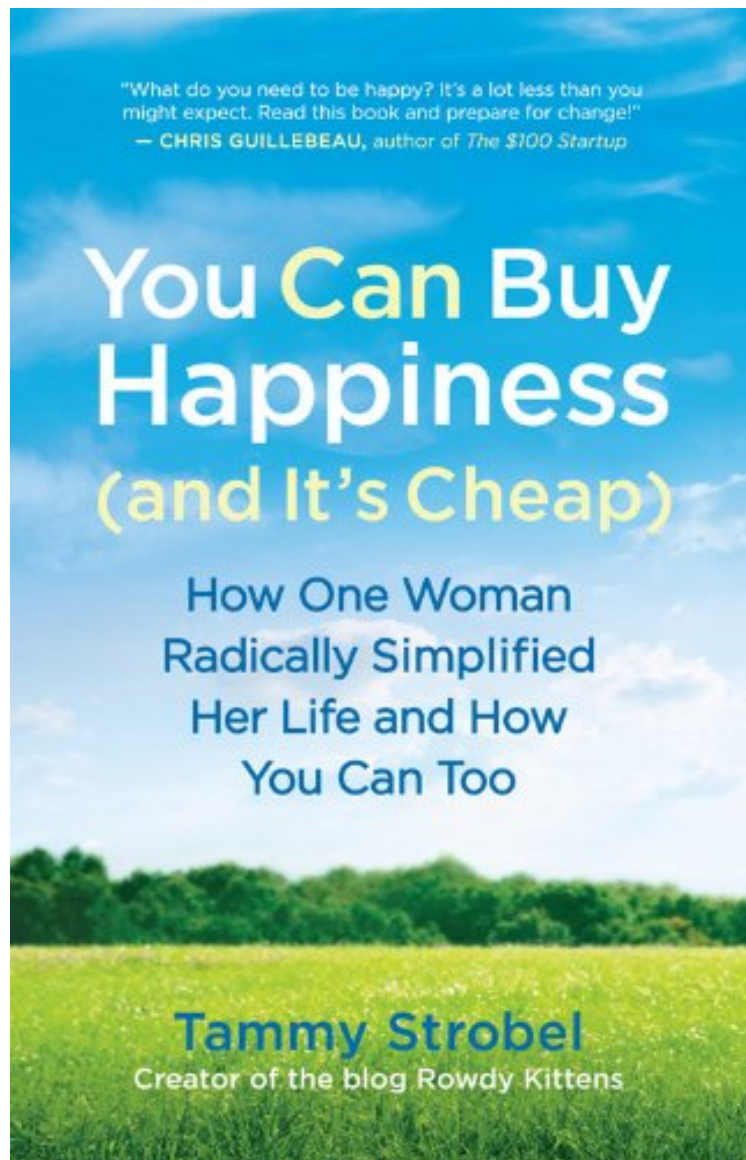


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You Can Buy Happiness (and It's Cheap): How One Woman Radically Simplified Her Life and How You Can Too

Tammy Strobel

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Tammy Strobel : You Can Buy Happiness (and It's Cheap): How One Woman Radically Simplified Her Life and How You Can Too before purchasing it in order to gage whether or not it would be worth my time, and all praised You Can Buy Happiness (and It's Cheap): How One Woman Radically Simplified Her Life and How You Can Too:

9 of 9 people found the following review helpful. Honest and inspiring
By Aliopa
This is the honest account of how Tammy Strobel simplified her life in ways that brought her more happiness and meaning. I think that her story is inspiring and that she managed to write it in an engaging way. She also includes tiny-actions that we can take to assess and simplify our own lives.
7 of 7 people found the following review helpful. A must read!!!
By Pista of The Great Love
I have not written many reviews, but I have to say a few words about this book. To keep it simple, this is one of the best, if not the best, books on simplifying your life and focusing on what is really valuable i.e. relationships, time, love and creative expression - among others. The value of time and clarity of purpose means that whatever you truly value, you will now have the time for it and the awareness to make it a priority. I am not even finished with the book and my life course has changed in a significantly positive way. Thank you so much Tammy. I hope to meet you and your husband in PDX someday.
Sincerely,
Pista Prema
4 of 4 people found the following review helpful. Tammy's book provides a lot of great insight about materialism
By Robert Woods
I've been reading about Tiny Houses for just over a year now and ran across Tammy's book while browsing one day. Though I'm not a regular to her blog, I have been through it on a few occasions as the "Tiny House Scene" is tiny (pun intended) and relinks back to other blogs often. Beyond the Tiny House topic, Tammy's book provides a lot of great insight about materialism, down-sizing, and realizing that there is no one size fits all solution to a life of keeping up with the Jones' while managing your finances and desires. Great read, especially due in part that I'm in the middle of a move and trying to purge as much of the unnecessary I have acquired over the years. Thanks for taking the time to sit down and write this book Tammy, I have already passed it along to a friend in hopes they can get some motivation out of it as well.

Once, Tammy Strobel and her husband were living a normal middle-class lifestyle: driving two cars, commuting long distances, and living well beyond their means. Now they are living the voluntary downsizing; or smart-sizing; dream. In this book Strobel combines research on well-being with numerous real-world examples to offer practical inspiration. Her fresh take on our things, our work, and our relationships spells out micro-actions that anyone can take to step into a life that's more conscious and connected, sustainable and sustaining, heartfelt and happy.