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Tammy Strobel

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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.



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