

Downshifting Your Way To A Happier, Simpler, Stress-Free Life! - what make you happy in your life



It does not mean simply cutting back and trying to live the same life only with less money. Downshifting requires prioritizing, an adjustment in values, and a totally different mindset... not just a change to a more frugal way of living. Buy *Downshifting: The Bestselling Guide to Happier, Simpler Living Revised Edition* by Judy Jones, Polly Ghazi (ISBN: ... Downshifting is about choosing to simplify your life, specifically with respect to a stressful job or long hours. I read this ... Put it all together and it was relatively simple to figure out how nearly anyone could cut out overload and bring their life back to balance. There were short sharp shifts that made it a lot better; tips and techniques to cut back on stress and ...

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