

Minimalist Monday: Zen Life (Minimalist Monday Series Book 2)

MINIMALIST
MONDAY

ZEN LIFE



— Lindsay S. Nixon —

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Author:	Lindsay S. Nixon
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[Minimalist Monday: Zen Life \(Minimalist Monday Series Book 2\).epub](#)

Minimalism (and this book) is about living with negativity, unhappiness, and stress, to create space for more positivity, more fulfillment, more happiness, and more meaningful relationships.

Zen Life offers you valuable tips and real life practices on how you can minimize stress and chaos in your life so you can find your way to your ideal day, ideal relationship, ideal career — or all of the above!