



INTRODUCTION

Simply Speaking...

...life is simple. Period.

If everybody had that attitude, not only would I be surprised, but I could stop writing right now!

The issue is that as human beings, we tend to allow life to be difficult. Unfortunately, we are not alien creatures that would be satisfied with just the basics of survival: air, water, food, and shelter.

Technically, we could survive with just the bare minimum. After all, it was not too long ago when electricity, television, telephones, running water, and many of today's luxuries were non-existent. Nonetheless, it is the choices we make that allow *more* than is necessary to enter the picture. This abundance then requires continual feeding in order to maintain that lifestyle. It becomes a never-ending cycle.



Even today, there are folks that can and do live with few modern creature comforts. They have no TV (sit down and put your head between your knees if you can't breath), no car (are you serious?), no computer (holy cow!), or no microwave oven (dear lord, what are these people thinking?).

On the other end of the spectrum, there are those that keep piling it on, trying to keep up with the Joneses (or they are the Joneses), getting involved in any activity despite the time commitment, and buying any new gadget regardless of the consequences.

What makes these people different? It all boils down to CHOICE. Believe it or not, you have a choice in (almost) EVERYTHING you do in life. You just have to stop long enough to realize that. (You'll always have to pay taxes and you're going to die, so those don't count.)

CHOICE

**Contemplate
Having
Only
If
Considered
Essential**



You have probably visited someone's home that had no clutter, where everything was in its place, and you could eat off the floor. If you happen to live a less than simplified life, you may ask yourself, how (or why) do they live like this? The answer is that they probably made the conscious choice to live that way.

Even though life is simple, simplicity is difficult. Sound like an oxymoron? Well, it is!

The word simplicity itself makes you think that it would be easy to attain. But the concept of simplicity should not be confused with "little effort." Although simplicity is not easy to achieve, the end result makes the journey worthwhile.

Simplicity is a lifestyle, not an event.

But wait! How can you even consider simplifying your life with the escalating pace that we are expected to keep up with each day? Everywhere you look, you instantly have access to any item that you want. You are reminded of the time, money, and freedom that you will sacrifice if you don't move and accumulate at warp speed. There's:

- Fast food
- High-speed Internet
- Instant messaging
- Five minute oil changes
- Eyeglasses in an hour
- Rapid refund
- Instant rebates
- Buy now
- Instant credit
- Two years same as cash
- HURRY! HURRY! HURRY!



Pittsburgh, PA radio station KDKA AM 1020 has a slogan that says, "If you are reading about it, it's history; if you are hearing about it, it's news." This sentence captures the essence of how quickly time races by.

By getting caught up in all of this, you find that there are natural consequences of living and accumulating without a purpose and without forethought. "Stuff" begins to take over your life, and, before you know it, you need a bigger, higher maintenance home to store it all. You gather without thinking about whether there is a place in your life for the new stuff. Family takes a backseat. Work and outside activities consume you day and night. Sure, technology saves you time, but you just fill it with more tasks.

Most people will agree that adding more and more to their lives is stressful. On the flip side, the benefits of voluntarily simplifying your life are many. A simplified life contains only what matters most. You will learn to live without the (literal) excess baggage that you have been toting around for years. More important, you will discover that you don't miss the chaos...at all.

Do you ever wonder what it might be like:

- To have some time to do what you *want* to do and not what you *have* to do?
- To sit down and relax for an hour without feeling guilty because you should be doing something else?
- To arrive fresh and early for an appointment instead of the usual 15-20 minutes late, spewing out apologies and excuses for your tardiness?
- To be able to find something the minute you need it and not weeks later after you've already gone out and bought a replacement?
- To welcome unexpected company any time of the day without being embarrassed?
- To enjoy the activities that you have planned because they stand out rather than blend in with the fast pace of the day?

With the POWER OF SIMPLICITY, you can achieve any and all of the above. The POWER can be so strong that



once you get a taste of it, you'll wonder how you ever led the life of a fast-paced, jam-packed, never-stopping, always-running, crazed individual.

If this way of life appeals to you and you are **READY** to wander away from the rushing rat race that you now live in, you will find this book full of thought-provoking gems and commonsense nuggets to put you on the path to simplicity.

Finally, here is a book that spells out how to *achieve* what you have been seeking for years—happy, stress-free, simple living.

Prepare to **UNLEASH THE POWER OF SIMPLICITY** and live your life on purpose!

Here's to simplifying your life,

A handwritten signature in cursive script that reads "Patty".

P.S. I recommend that you read this book several times with your favorite color highlighter in hand!



A day in the life of simplicity

You wake up each morning at the same scheduled time. You feel refreshed because you had the exact amount of sleep that you require to function at your best. As you approach your closet, you have no problem choosing your outfit for the day. The selection does not overwhelm you with six shades of blue for which you can never seem to find the matching shoes.

During your shower, you enjoy the feeling of the hot water washing over you rather than rushing through with a speed rinse so you can make up for running late after sleeping in. Total shower and prep time: 30 minutes, and that includes a few extra minutes to dawdle in the shower.

Your path to the kitchen is free of debris since stuff no longer rules your life. You prepare a quick and healthy breakfast for you and the family. Everyone joins the breakfast table well rested and ready for the day.

After taking the roast out the night before, you pop it into the crock-pot so it will be ready when you get home from work. Your son will prepare a salad when he gets home from school and your daughter will take care of the starch.

The only activities planned this morning are school and work; the swim team practices were too much every morning, so you decided as a family to try a new activity that didn't disrupt everyone's routine. Your daughter was disappointed at first, but realized that her days were wearing thinner as well and now enjoys being a part of the debate team instead. The tradeoff was worthwhile.

You arrive at the office ten minutes early in a great mood.

As you go through your day, you check your calendar to see what you have scheduled. Before you left yesterday,

you made sure that you had planned 70-80 percent of your day in your day planner, leaving room for emergencies and interruptions. You notice that since you



have been doing this, you don't feel so overwhelmed throughout the day. You know what needs to be done and by the end of the day, you are able to complete exactly what you planned.

Since spending the time to organize your office, you know where things are and have no trouble retrieving your files from your new system.

At the end of the day, you leave at quitting time. You used to stay two extra hours, but that is no longer necessary since you are in control of your time.

When you arrive home, you can smell the roast wafting through the house. The table has been set and the meal is ready to be served. The family sits down to a homemade meal and everyone takes turns talking about his or her day. You linger around the table for an extra twenty minutes enjoying each other's company.

Homework is completed and the family chooses their activity for the night: television, a game, a discussion, or maybe a drive.

At the same time as last night, everyone goes to bed and the same routine begins again. It doesn't occur to you to be bored. You are in touch with what you want and are so appreciative for having it on a daily basis.

Gone are the stress, headaches, hustle and bustle, and frustrations. Your days are filled with joy, love, clarity, and happiness.

Imagine that....