



Lighten Up: Love What You Have, Have What You Need, Be Happier with Less (Thorndike Large Print Lifestyles)

Peter Walsh

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A New York Times Bestselling Author -- It seems that not a day goes by that we don't think about money. Yet we continue to spend it on things that don't matter. Peter Walsh knows that money and debt can overwhelm your life even faster than clutter, and he has a clear strategy to help you deal with that emotional and financial chaos. Here Peter offers three unique audits that cover every aspect of your well-being, enabling you to achieve a personal balance and choose a rewarding life over the mindless pursuit of stuff.

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