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100 Essentials: Simple Kitchen + Capsule Wardrobe + Minimalist Home



Synopsis

If you could only have 100 possessions, what would they be? Francine Jay, bestselling author of *The Joy of Less*, puts a new twist on decluttering: eliminate the excess by choosing your essentials. It's like packing a suitcase with just your favorite things. She takes the idea of a capsule wardrobe, and expands it to a capsule household—a small collection of versatile items perfectly in sync with your needs. To illustrate, Jay shows you her 100 possessions (in 100 full-color photographs), with detailed explanations of her 35-Item Kitchen, 35-Item Wardrobe, and more. She invites you to join in the fun, and use her list as a springboard in making your own. *100 Essentials* helps you travel more lightly through life—whether you're relocating, downsizing, or just starting out. It's an ideal resource for small space dwellers, and anyone who wants to live more efficiently and gracefully.

Book Information

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Customer Reviews

I love Francine Jay and follow her blog. I've read all of her minimalist books and this was just as

good as her others. One thing I especially liked is that she addressed the fact that her items were not a "mandatory" list for minimalists but simply what she owns and WHY she owns it. I did take her recommendation on a pour over coffee maker and I love it. She is an inspiration to want-to-be minimalists everywhere.

Moving abroad. This book is helping to streamline my process. Love everything that Francine writes!

There are a lot of good tips for simplifying one's life that I haven't seen mentioned in other books of its type!

This book really made a lasting impression on me. It's very well written and seemed to be one of the few minimalist reads that really made a difference.

I really loved this new book by Francine Jay! I have been a follower of her blog for several years and read her books. She really gets to the meat of what minimalism means to her and gets you thinking about why we have the things we have to live. A lot of times it is just by habit and really doesn't add any value only stress and expense and upkeep for you. I highly recommend this book for those that are willing to shake up their world and get into a minimal life!

Didn't learn much that I didn't already know. But enjoyed the writing style and the way it demonstrates with comparisons and honesty.

It shows the thought process of what the author purchased and why. It can be adapted to fit in did u all lifestyles

Really disappointing. I'm into minimalism but this book is just a waste of money. You'll get better (and free) info on google. Sorry!

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