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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 with 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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To Simplify Your Work Life, Minimalist - Finances And Budgeting The Minimalist Way Minimalist Lifestyle: How to Start Living Simplistically Right Now (minimalist living, minimalism, living minimally, spirituality, declutter your home, decluttering, self-help, happiness, freedom,) Secrets of the Capsule Wardrobe: How to Find Your Personal Style & Create a Happy, Confident Closet! The Capsule Wardrobe: 1,000 Outfits from 30 Pieces Minimalist Living: Simplify Your Life: Living a Stress Free Minimalist Lifestyle with Less Clutter and More Happiness The Minimalist Budget: A Practical Guide on Living Well, Spending Less, How to Save Money And Living Your Life With a Minimalist Lifestyle Deep Work: 2 Manuscripts: Minimalist: The Best Ways to Simplify Your Work Life; Finances and Budgeting the Minimalist Way Minimalist: A Minimalist Guide to Do More with Less to Simplify Your Life The Minimalist Budget: A Practical Guide On How To Save Money, Spend Less And Live More With A Minimalist Lifestyle Minimal Lifestyle: 11 Minimalist Ideas to Clear Your Life (Minimalist living, Self Confidence, Stress Relief) Walking through the Wardrobe: A Devotional Quest into The Lion, The Witch, and The Wardrobe Minimalist Living: Declutter Your Home, Schedule & Digital Life for Simple Living (and Discover Why Less is More) Modern Essentials Bundle 6th - Modern Essentials 6th Edition a Contemporary Guide to the Therapeutic Use of Essential Oils, An Introduction to Modern Essentials, and Modern Essentials Reference Card Prepping On A Budget: Begin Prepping, Start your first Stockpile and Prepare for When SHTF on a Minimalist Budget (Prepper Essentials Book 2) Beginner's Home Recording On A Budget: How to Build an Affordable Recording Studio at Home and Get Your Music Heard (Home Recording, Home Recording for ... Songwriting, Home Studio, Acoustic) INTERIOR DESIGN : The Beginner's guide, organise your home, techniques and principles on art of decoration: Customise your home with us (Home design, home construction, home arranging with style)

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