

(Download) Goodbye, Things: The New Japanese Minimalism

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Fumio Sasaki

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#16648 in Books Fumio Sasaki 2017-04-11 2017-04-11 Original language: English PDF # 1 8.50 x .90 x 5.60l, .0 #File Name: 0393609030288 pages Goodbye Things The New Japanese Minimalism | File size: 35.Mb

Fumio Sasaki : Goodbye, Things: The New Japanese Minimalism before purchasing it in order to gage whether or not it would be worth my time, and all praised Goodbye, Things: The New Japanese Minimalism:

180 of 183 people found the following review helpful. An Introduction to Minimalist Living that Changed My Life By Coco Having consulted countless self-help books written by gurus who appear to have it all figured out, Goodbye, Things was a breath of fresh air to me. Fumio Sasaki's tone is quiet, contemplative, open-minded, and above all,

humble. I easily identified with his description of how he used to be: constantly making myself miserable by comparing myself to others; berating myself for not keeping up with household chores; spending way too much time on internet research to buy something, only to never get much use out of that item. And if a self-proclaimed regular guy like him could go from being a depressed shop-a-holic living in a dark, messy apartment to waking up with the sun every morning feeling happy and grateful, I couldn't see any reason not to give this minimalism thing a try myself. When I discovered the Japanese version of this book over a year ago, my husband and I had already downsized quite a bit after reading Marie Kondos *Life-Changing Magic of Tidying Up*. But reading *Goodbye, Things* has had even more of a dramatic impact on our lives, mainly because it made us think fundamentally about how we use, and why we keep, certain things. Our priority went from living in a nice apartment full of things we love to minimizing our footprint to maximize our time and freedom. We used to talk about buying a condo someday; now the idea of taking out a mortgage or being tied down to a place does not sound appealing to us at all. We used to tell each other we should entertain guests more often; now we realize that was only because our friends like to host dinner parties, and we felt guilty for not reciprocating. We have accepted that the number of things we can realistically take care of are much, much smaller than we once thought. *Goodbye, Things* also helped us let go of items that sparked joy but we weren't actually using or taking good care of. I really resonated with Sasaki's observation of the Silent To-Do List: the more objects we have in our surroundings, the more they contribute to our already overwhelmed sensory load, and the more time and energy they take up. My husband and I used to have three bookshelves full of our favorite books, but now we only keep a handful that we are actually reading. We also let go of our long-owned musical instruments, after we finally came to terms with the fact that playing them just was not our passion or priority anymore. As difficult as this was, now it feels as though a huge weight has been lifted off our shoulders. Overall, I found this book to be a very helpful and inspiring introduction to minimalism, and for my husband and me, it really did change our lives.

63 of 66 people found the following review helpful. Gentle and Inspiring
By Patricia Brogan
At first I wasn't sure about this book. "Great," I thought, "another single, male, Fight-Club-quoting, Steve-Jobs-idolizing minimalist is here to tell us how superior he is for reducing his life to a mattress and a MacBook." I wasn't far off in some ways, but before long the author's openness and lack of pretension had completely won me over. The first part of the book is practical advice, and though he includes references to minimalist friends with spouses, hobbies, and children, it's mostly oriented toward people like himself. (The advice is still pretty good). For me the best part of the book was the second half, where he talked at length about the changes minimalism had made in his inner life. I found myself nodding in along as he talked about silent to-do lists and the procrastination they cause, the joy of living in the present, and finding value in just being ordinary. Recommended to anyone who thinks of minimalism as chilly or self-centered, because this book will fill you with warmth. Not recommended to anyone who is just looking for the perfect manual. That's not what this is trying to be.

38 of 39 people found the following review helpful. Practical guidance and personal reflection - an excellent combination
By Customer
Does the world need another book on minimalism? Probably not, but I am glad that Fumio Sasaki wrote this one. It's as much a personal memoir as it is a book about adopting a minimalist lifestyle and it is this deeply personal reflection that elevates the book above the sea of others in the "decluttering" genre. His reflections will likely resonate with thoughtful readers and spur them on to simplify their own spaces and lives. The latter section of the book wanders away from the core theme and was the least compelling section for me. The rest is excellent. The book is also suitable for those who have already begun (or completed) their journey towards minimalism by giving them the opportunity to reflect on their own motivations and progress, and perhaps change course if necessary.

The best-selling phenomenon from Japan that shows us a minimalist life is a happy life. Fumio Sasaki is not an enlightened minimalism expert or organizing guru like Marie Kondohes just a regular guy who was stressed out and constantly comparing himself to others, until one day he decided to change his life by saying goodbye to everything he didn't absolutely need. The effects were remarkable: Sasaki gained true freedom, new focus, and a real sense of gratitude for everything around him. In *Goodbye, Things* Sasaki modestly shares his personal minimalist experience, offering specific tips on the minimizing process and revealing how the new minimalist movement can not only transform your space but truly enrich your life. The benefits of a minimalist life can be realized by anyone, and Sasaki's humble vision of true happiness will open your eyes to minimalism's potential. 16 pages of color illustrations

Inspiring in its straightforwardness and sincerity . . . I don't think it would be possible to read *Goodbye, Things* without taking a look at your own home (and life) with a new set of eyes. . . . In the end, what matters is the thoughtfulness the book inspires. - Janel Laban, *Apartment Therapy*
In his new book, *Goodbye, Things*, Fumio Sasaki shares the lessons he learned by going minimalist. . . . For Sasaki, minimalism isn't about how little you have, but how it makes you feel. Sasaki credits his minimalist lifestyle with helping him lose weight, become extroverted and proactive, and above all, feel happy and grateful for what he has. - Heeseung Kim, *Cosmopolitan*
Makes the case for radical minimalism . . . treat each of [Sasaki's] 70 tips as an opportunity to reevaluate how you use and why you keep the things in your home. - Jenny Xie, *Curbed*
Take your spring cleaning to the next level with *Goodbye, Things* by

Fumio Sasaki. A best-seller in Japan, this book uncovers why we want to own more than we need, what this mentality does to our well-being and how we can live better by owning less. - Katie Neal, Parade
If you've ever felt bogged down by all of the things filling your life up with clutter then this is the book for you. - C.A., The Daily Want
In a time of rampant consumerism, a new movement is preaching an alternative path one that banishes all but the most fundamental and enriching consumer products from our lives. In *Goodbye, Things*, Fumio Sasaki recounts his conversion from reckless hoarder to hyper-mindful consumer, and offers advice to those seeking the same simple happiness that he found in minimalism. - Gear Patrol
About the Author
Fumio Sasaki is the former co-editor-in-chief of Wani Books, and lives in a 215-square-foot apartment in Tokyo, furnished with a small wooden box, a desk, and a roll-up futon pad.