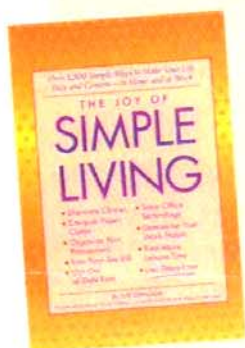


Simple Living



The Joy of Simple Living by Jeff Davidson MBA, CMC. Rodale Books, phone 919/932-1996; Web site www.joyofsimpleliving.com. \$15.95, softcover.

Uncomplicate your daily routine. Eliminate stress at home and on the job. Free up time for the things you love so you can enjoy life to the fullest. Jeff Davidson's *The Joy of Simple Living* can show you how. Choose from hundreds of real-world solutions guaranteed to end clutter, complexity, and chaos in your life, such as six questions to ask yourself before buying something new; a sure cure for "I'll do it on Saturday" syndrome; the two-yard rule for arranging items on the kitchen counter top; the pay-ahead technique for getting out of debt fast; a four-pile process for curtailing paper clutter; and a surefire strategy for disconnecting phone solicitors.

In addition, he offers these eight tips for simplifying your life:

1. Decide each morning how you want to feel for the rest of the day.
2. Give away all you can—old clothes, books, or mementos—and begin to reclaim your spaces.
3. Get off of extraneous mailing lists that are useless.
4. Decide who is important in your life and give them your time and energy.
5. Focus on what supports you, your family, your organization, your nation, humanity, etc.
6. Give yourself whole weekend days of sanctuary—no phone, television, or Internet—and take a walk or sit in the tub.
7. Keep asking, "Does this really matter?"
8. Always remember these are the "good old days" of some future time.