



Everything That Remains: A Memoir by The Minimalists

By Joshua Fields Millburn, Ryan Nicodemus

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What if everything you ever wanted isn't what you actually want? Twenty-something, suit-clad, and upwardly mobile, Joshua Fields Millburn thought he had everything anyone could ever want. Until he didn't anymore.

Blindsided by the loss of his mother and his marriage in the same month, Millburn started questioning every aspect of the life he had built for himself. Then, he accidentally discovered a lifestyle known as minimalism...and everything started to change.

That was four years ago. Since, Millburn, now 32, has embraced simplicity. In the pursuit of looking for something more substantial than compulsory consumption and the broken American Dream, he jettisoned most of his material possessions, paid off loads of crippling debt, and walked away from his six-figure career.

So, when everything was gone, what was left? Not a how-to book but a why-to book, *Everything That Remains* is the touching, surprising story of what happened when one young man decided to let go of everything and begin living more deliberately. Heartrending, uplifting, and deeply personal, this engrossing memoir is peppered with insightful (and often hilarious) interruptions by Ryan Nicodemus, Millburn's best friend of twenty years.

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Bibliography

- Sales Rank: #6874 in Books
- Published on: 2014-01-01
- Original language: English
- Number of items: 1
- Dimensions: 8.00" h x .58" w x 5.00" l, .57 pounds
- Binding: Paperback
- 232 pages

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Editorial Review

Review

Praise for The Minimalists

"Like Henry David Thoreau, but with Wi-Fi." --*Boston Globe*

"Paring down, branching out." --*Chicago Tribune*

"A better life, by having fewer possessions." --*Seattle Times*

"Perhaps it's a good time to sit back and look at how we can all live with less." --*USA Today*

"The path to a richer, if less cluttered, life." --*Globe & Mail*

"Living a better life...with less stuff." --*National Post*

"Helping us end our obsession with stuff." --*LA Weekly*

About the Author

The Minimalists--Joshua Fields Millburn & Ryan Nicodemus--are bestselling authors and international speakers who write and speak about living a meaningful life with less stuff. Their books include *Essential: Essays by The Minimalists*, *Minimalism: Live a Meaningful Life*, *As a Decade Fades: A Novel*, and *Everything That Remains: A Memoir*. They have been featured in the *New York Times*, *Wall Street Journal*, *USA Today*, *Forbes*, *Boston Globe*, *San Francisco Chronicle*, *Chicago Tribune*, *Seattle Times*, *Toronto Star*, *Globe & Mail*, *Vancouver Sun*, *Village Voice*, *LA Weekly*, and many other outlets. Visit the authors online at TheMinimalists.com.

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