



You Can Buy Happiness (and It's Cheap): How One Woman Radically Simplified Her Life and How You Can Too

By Tammy Strobel

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Once, Tammy Strobel and her husband were living a normal middle-class lifestyle: driving two cars, commuting long distances, and living well beyond their means. Now they are living the voluntary downsizing; or smart-sizing; dream. In this book Strobel combines research on well-being with numerous real-world examples to offer practical inspiration. Her fresh take on our things, our work, and our relationships spells out micro-actions that anyone can take to step into a life that's more conscious and connected, sustainable and sustaining, heartfelt and happy.

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Editorial Review

Review

“What do you need to be happy? It’s a lot less than you might expect. Read this book and prepare for change!”

— **Chris Guillebeau**, author of *The \$100 Startup*

“One of the most important books you’ll read. If put into action, it will change lives.”

— **Leo Babauta**, author of *The Power of Less*

“This inspirational guide to creating a life of simple contentment is packed with real-life stories and practical tips for finding happiness. It’s thoughtful and engaging, a road map to a postconsumer world. I loved it.”

— **J. D. Roth**, editor of the blog *Get Rich Slowly*

“You will immediately connect with Tammy Strobel’s transparent and vulnerable storytelling. As a result, you will be challenged deeply by her discoveries about money, possessions, and happiness.”

— **Joshua Becker**, writer of the blog *Becoming Minimalist*

“Tammy Strobel’s new book should resonate with millions of Americans. She has articulated what has become a movement in these changing times: simplification of our lives, less stuff, smaller living spaces.”

— **Lloyd Kahn**, author of *Tiny Homes: Simple Shelter*

“This powerful book reminds all of us that happiness is a choice and that when you choose time over money and people over stuff, happiness awaits.”

— **Courtney Carver**, blogger and author of *Simple Ways to Be More with Less*

“This cheerful handbook offers the emotional and practical lessons Strobel learned while radically downsizing her living space, disposing of most of her possessions, and simplifying her lifestyle....Although her personal choices may seem extreme, the environmental politics and magnitude of change Strobel asks of her reader is distinctly moderate, making this a practical book even for those who only want to live a little bit lighter.”

— **Publishers Weekly**

About the Author

Simple living blogger **Tammy Strobel** is the author of the self-published *Smalltopia: A Practical Guide to Working for Yourself*. She lives (in a tiny house) in Portland, Oregon.

Users Review

From reader reviews:

Herbert White:

In this 21st millennium, people become competitive in each and every way. By being competitive right now, people have do something to make these people survives, being in the middle of the actual crowded place

and notice through surrounding. One thing that at times many people have underestimated this for a while is reading. That's why, by reading a reserve your ability to survive enhance then having chance to stand up than other is high. For you personally who want to start reading a new book, we give you this You Can Buy Happiness (and It's Cheap): How One Woman Radically Simplified Her Life and How You Can Too book as nice and daily reading reserve. Why, because this book is more than just a book.

Wendell Darnell:

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Sharon Hardin:

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Barbara McGowan:

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