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matters most." -- Ali Edwards, Craft

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much of the messaging around radical
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Soulful Simplicity embraces the power in simplicity and it is done effectively through Carver ' s own journey towards a simpler life. If you aren ' t familiar with Courtney, she is the creator of the Project 333, the capsule wardrobe project that I began

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Courtney had her own awakening when she was diagnosed with M.S. In her inspiring new book, Soulful Simplicity, How Living with Less Can Lead to So Much More, Courtney

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shares her story about moving from a stressful, cluttered, busy life that led to her devastating diagnosis, to a life with better health, more space, time, and love.

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"Courtney Carver's new book Soulful Simplicity is a practical roadmap for embracing the beauty of less and making room in our lives for what matters most." — Ali Edwards, Craft the story.™ "In a world where so much of the messaging around radical simplicity is just about living with less

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So I was thrilled when I heard my
good friend, Courtney Carver, was

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writing an inspiring book, Soulful
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quest for more—we give in to
pressure every day to work more, own
more, and do more. For Carver, this
constant striving had to come to a
stop when she was diagnosed with
Multiple Sclerosis (MS).

Soulful Simplicity: How Living with

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Courtney Carver shows us the power of simplicity to improve our health, build more meaningful relationships, and relieve stress in our professional and personal lives. In this book, discover how to pursue practical minimalism so you can create more

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less—more space, more time, and
even more love. Courtney invites us to
look at the big picture, discover
what 's most important to us, and
reclaim lightness and ease by getting
rid of all the excess things.

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simplify your life and infuse it with love, welcome home. Be more with less is about simplifying your life and really living. Living with less creates time and space to discover what really matters.

Start Here to Simplify Your Life - Be

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Download our free ebook: 16 Rules for Living with Less. ... Minimalism, created Soulful Simplicity, a six-week video course designed to help you declutter your home—and then your heart and mind. Courtney ' s material is unlike any simplicity offering out

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Soulful Simplicity | The Minimalists
In Project 333, minimalist expert and author of Soulful Simplicity Courtney Carver takes a new approach to living simply - starting with your wardrobe. Project 333 promises that not only

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can you survive with just 33 items in your closet for three months, but you'll thrive just like the thousands of woman who have taken on the challenge and never looked back.

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Description. Courtney Carver shows us the power of simplicity to improve our health, build more meaningful relationships, and relieve stress in our

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Simplicity is the way back to ...

“ simplicity is about more than making space in your home. It ’ s also about creating more time in your life and more love in your heart. What I learned is that you can actually be more with less. ” Courtney Carver,

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