



Discardia: More Life, Less Stuff

Dinah Sanders

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Let go of everything that doesn't make your life awesome!

With three key principles and numerous practical tips, Discardia—a new holiday—helps you solve specific issues, carve away the nonsense of physical objects, habits, or emotional baggage, and uncover what brings you joy.

Dinah Sanders, productivity and happiness coach, draws on many years of experience to provide a flexible, iterative method for cutting out distractions and focusing on more fulfilling activities. Join others around the world who use Discardia's inspirational—but not sappy—approach, and put your energy where it counts: toward living the less stressful life of your dreams!

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Donald Jefferies:

Playing with family inside a park, coming to see the sea world or hanging out with close friends is thing that usually you may have done when you have spare time, then why you don't try thing that really opposite from that. One particular activity that make you not feeling tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of information. Even you love Discardia: More Life, Less Stuff, you could enjoy both. It is very good combination right, you still need to miss it? What kind of hang-out type is it? Oh can happen its mind hangout men. What? Still don't obtain it, oh come on its referred to as reading friends.

Phillip Darrah:

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