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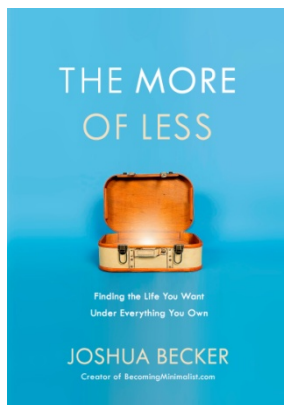
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Contact: Beth Gebhard, Choice Publicity
Beth@Choicepublicity.com
(615) 336-0194

The Abundant Life Is Buried Underneath Everything You Own

“Joshua Becker is one of my heroes. The More of Less shows all of us how to embrace the joy of less and in so doing how to live a richer, deeper, and more intentional life. If you’re struggling with too much stuff and too little happiness, here is your must-read.”

—PETER WALSH, author of the New York Times bestseller *It’s All Too Much*



Are you feeling disconnected from the people you love, stressed about finances, overwhelmed by the upkeep of your home or too stretched to pursue your passions? Minimalism expert Joshua Becker, founder and editor of BecomingMinimalist.com, advocates that the life-change you are looking for doesn’t come from tidying up but from trimming down the volume of possessions weighing you down.

In his new book [*The More of Less: Finding the Life You Want Under Everything You Own*](#) (May 3, 2016, WaterBrook), Becker offers a paradigm-shifting perspective on the rich benefits of living with less.

Presenting a positive and inspiring point-of-view, *The More of Less* serves as a treasure map to help readers discover: How are your possessions distracting you from better living? How do you know what to keep and what to get rid of? How do you go about removing un-needed stuff from your life? When will you know you’ve reached the right level of accumulation?

“I don’t advocate getting rid of everything humanly possible. Instead, I encourage people to get rid of anything that distracts them from pursuing their goals in life,” writes Becker. “I am passionate about my soul, about my family, and about loving and influencing others. I want to focus on these priorities above everything else. Minimalism is a means to an end for me.”

Becker uses stories from his own family journey with minimalism and a select few from his one million readers of BecomingMinimalist.com to illustrate the uncovered freedom and joy found from living simply such as:

- More time to spend on meaningful activities
- More freedom to travel
- More clarity in spiritual pursuits
- Increased mental capacity to solve our most heartfelt problems
- Healthier finances to support causes we believe in
- Greater flexibility to pursue the careers we most desire

In addition, Becker offers readers advice on combating consumerism in order to more readily spot its effects. For readers with families, he provides suggestions, grounded in experience, on how to incorporate minimalism at every age and stage of life.

In Becker's case, the biggest payoff of assuming a minimalist lifestyle has been the unexpected opportunities to be generous and the ability to live intentionally. For instance, he and his wife recently launched the non-profit The Hope Effect to bring worldwide change to orphan care.

Becker concludes, "As minimalism becomes a part of who you are, you will find ways to live out its principles well beyond your material possessions."

For more information, visit www.BecomingMinimalist.com or www.waterbrookmultnomah.com

ABOUT THE AUTHOR: Joshua Becker is the founder and editor of BecomingMinimalist.com, a website that inspires millions around the world to own fewer possessions and find greater fulfillment in life. As one of the leading voices in the modern simplicity movement, Becker speaks both nationally and internationally. He has contributed to articles in *Time* magazine, *The Wall Street Journal*, *USA Today* and *Christianity Today*. He is a frequent guest on *HuffPost Live* and has appeared on numerous television programs, including the *CBS Evening News*. He and his young family live in Peoria, Arizona.



Facebook: www.facebook.com/becomingminimalist

Twitter: @joshuabecker

Pinterest: <https://www.pinterest.com/joshuabecker/>

PRAISE FOR *THE MORE OF LESS*:

"Often our biggest fear about living with less is that we might miss out, but Joshua Becker explains with crystal clarity just how much we have to gain from the minimalist lifestyle. Packed with actionable ideas you can apply today, *The More of Less* is the perfect balance of instruction and motivation. A must read!" —RUTH SOUKUP, *New York Times* best-selling author of *Unstuffed: Decluttering Your Home, Mind, and Soul*

"Joshua Becker is a distinguished voice in the modern minimalism movement. Engaging and nonjudgmental, *The More of Less* masterfully articulates the benefits—and the joy—of living with less." —JOSHUA FIELDS MILLBURN, creator of theminimalists.com and coauthor of *Everything That Remains*

"Those of us attracted to minimalism often face a challenge: how do we invite our friends and family into this liberating way of life? With amusing stories and on-the-ground practical advice, Joshua explains how to make your minimalist journey a group endeavor. There are going to be a lot of happy children, spouses, and friends because of this book." —DAVE BRUNO, author of *The 100 Thing Challenge*

Category: Personal Growth

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