

Dominique Loreau

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L'art de mettre les choses à leur place

Nghệ thuật tối giản

"The ideas in Nothing Left Over are seeds bursting with vitality and her book is a primer in grateful living. As you come to know her in a delightful intimacy, you come to know yourself from unsuspected

perspectives."—Brother David Steindl-Rast "A magnificent piece of writing . . ."—Stephen Batchelor

Smarter Living

Take a life-changing journey with a fashion insider through the neighborhoods of Paris—and become the most glamorous girl in town (without even trying). After spending much of her life mining the secrets of La Parisienne, Angie has discovered there are as many ways to be Parisian as there are arrondissements. Find out what Saint Germain women wear, where Canal Saint Martin girls shop and hang out with their friends, the décor tricks of the artistic ladies in Montmartre, and how to cook and entertain—as if you just rolled out of bed and onto the cobblestone streets of Le Marais... Featuring hundreds of stunning photographs and original fashion illustrations, as well as fabulous tips from celebrities, fashion designers, bloggers, chefs, and more!

Lagom

More than 1,000,000 copies in print! The more complex life becomes, the more people crave simplicity. Whether it's in your work, relationships, health, finances, or leisure time, North America's simplicity expert Elaine St. James can help you learn to unwind and improve the quality of your life. If you're feeling over-powered, overextended, and overwhelmed, SIMPLIFY YOUR LIFE is the antidote, providing one hundred proven, practical steps for

creating a simple and satisfying way of life.

L'art de l'essentiel

French Women Don't Get Fat meets The Little Book of Hygge in this lively, sophisticated, and practical illustrated lifestyle guide that shows how to enjoy la belle vie—to live like the French every day—transforming your house into a home defined by beauty, family, and accessible elegance. How do the French create the elusive and alluring sanctuaries they call home? This question long intrigued Danielle Postel-Vinay. Thanks to a chance encounter with a French expat in La Crosse, Wisconsin, and years of immersive research, she embarked on a quest to discover the secrets of the French home aesthetic. Experiencing first-hand la belle vie—the beautiful life—Postel-Vinay now shows everyone how to create their own French sanctuary, a home sweet maison, no matter where they live. Providing more than just interior decorating and design tips, Postel-Vinay teaches you how to foster the warmth, beauty, and rituals inherent in the French home and create an environment better suited to living a rich, full, connected life. At the center of the book is the idea that your house should be a reflection of you, your hobbies, your family history, your rituals, all the things that make your life unique. A happy home is a home that expresses your rituals and your taste, not one that relies on prefab décor from a mass retailer. Home Sweet Maison takes a room-by-room approach to show how the French view: The Aesthetic: why the objects in your home matter, why minimalism is

overrated, and why the French always choose the perfect décor for their salons
The Practical: how to use mise-en-place, or the French art of organization, in your kitchen, and how to find the right stain-removing potions to create your own French laundry
The Sensual: the way the French employ scent in their home as a personal signature
The Philosophical: the idea that every room in a French house has a specific purpose, and that the activity in one room should never bleed into the others
Home Sweet Maison encapsulates the very heart of the French way of seeing the world: set the table formally, adhere to all the conventions of ritual and tradition, then take pleasure in indulgence. It's about using French concepts and routines to change our homes, our relationships, and our lives for the better.

El arte de lo esencial

Aristotle said 'you are what you repeatedly do'. Most of us have no idea that what we repeatedly do creates our lives, we think our future is shaped by big events, the decisions we make, the thoughts we have but, this book will show you that it is your daily actions that are the key. Over the last few decades neuroscientists and psychologists have discovered that there is more power in 'I do' than 'I think'. However, if an action is repeated enough times it becomes habit but habits lack thought, consideration and presence. To effect long-lasting meaningful change our actions need to be filled with a sense of personal meaning and power - they need to be ritualized. Creating personal ritual in our lives allows

us to bring the presence of the sacred into the everyday. The rituals in this book have been designed as symbolic acts providing a framework for anyone to use to create positive change in their lives. The 7 morning rituals are designed to help you 'wake with determination', the 7 afternoon rituals focus on 'living on purpose', and the 7 evening rituals are about 'retiring with satisfaction'.

L'arte della semplicità

From the Sunday Times bestselling author of *The Man Who Couldn't Stop*. 'Witty, sharp and enlightening . . . This book will make you smarter' Adam Rutherford. What if you have more intelligence than you realize? What if there is a genius inside you, just waiting to be released? And what if the route to better brain power is not hard work or thousands of hours of practice but to simply swallow a pill? In *The Genius Within*, bestselling author David Adam explores the groundbreaking neuroscience of cognitive enhancement that is changing the way the brain and the mind works - to make it better, sharper, more focused and, yes, more intelligent. Sharing his own experiments with revolutionary smart drugs and electrical brain stimulation, he delves into the sinister history of intelligence tests, meets savants and brain hackers and reveals how he boosted his own IQ to cheat his way into Mensa. Going to the heart of how we consider, measure and judge mental ability, *The Genius Within* asks difficult questions about the science that could rank and define us, and inevitably shape our future.

Making Space, Clutter Free

Control your spending, save money, regain peace of mind, and make your life happier and healthier with *Takebo*—the traditional Japanese method of money management that is still widely used today. Having enough money to live is one of the most important factors affecting our health. Trying to balance expenses—utility bills, housing, healthcare, food, and for many, the costs of raising children (not to mention paying for college!)—leaves us worried and stressed. But there is a solution: *Takebo*, a practical, proven method that helps you keep track of every penny, manage spending, and save up to thirty percent more! With this invaluable guide you'll interact with your spending every day for two years, and learn how to manage your personal budget. Designed like a diary, it allows you to record all your daily expenses week by week so you can see exactly where your money goes. Each day is divided into four categories: 1. primary needs—food, personal hygiene, children; 2. optional needs—shopping, cosmetics, gifts; 3. culture and free time—restaurants, books, entertainment; and 4. extras/foreseeable expenses—such as travel, repairs, tuition, and taxes. *Takebo* begins with setting a monthly budget. At the beginning of each month, enter your fixed incoming funds and outgoing expenses, and set a savings target. Then, each day, record your various expenses. By keeping close tabs on what you're spending, you'll be able to identify the waste and see the most significant areas where adjustments can be made. *Takebo* also offers practical and motivating tips that teach you how to

save more successfully. Kakebo isn't just about money—it helps to develop self-awareness, self-discipline, and self-esteem, and promotes peace of mind. Best of all, you can begin any time of year—individually marking the months and days without wasting any pages. Plus, its simple yet inviting for-color graphics help you break down each expense and easily identify see where adjustments need to be made.

Sztuka minimalizmu w codziennym życiu

L'héritage du temps

Par petites touches, trouver l'élan initial, créer la routine parfaite, savourer la précision du geste. Et enfin, se sentir en paix et en sécurité. À la manière d'un moine au temple, voici comment apprendre à entretenir son environnement afin de se réapproprier sa vie.

Simplify Your Life

« Je ne suis pas une professionnelle de la santé, mais justement C'est en me plaçant du côté de tous ceux et celles qui comme moi ont toujours voulu perdre du poids, que j'ai tenté d'y voir clair parmi toutes les techniques connues (et moins connues) accessibles au grand public. J'ai tenté de cerner, pendant un peu plus d'un an, le plus d'aspects possible des problèmes liés au poids : diététiques, bien sûr, mais aussi et surtout psychologiques, comportementaux et

culturels. Vivant depuis quarante ans au Japon, pays qui possède le taux d'obésité le plus bas du monde, j'ai eu le temps d'observer avec émerveillement, il faut le dire, l'art de ce peuple de cultiver la minceur. »

Eat, Drink, and Be Gorgeous

Presents a strategic approach to identifying, refining, and expressing personal style and building the ideal wardrobe to match it, with every day style and shopping strategies.

Faire le ménage chez soi, faire le ménage en soi

A children's book by Earth is Hiring author Peta Kelly

Francophone Women Film Directors

The best-selling phenomenon from Japan that shows us a minimalist life is a happy life. Fumio Sasaki is not an enlightened minimalism expert or organizing guru like Marie Kondo—he's just a regular guy who was stressed out and constantly comparing himself to others, until one day he decided to change his life by saying goodbye to everything he didn't absolutely need. The effects were remarkable: Sasaki gained true freedom, new focus, and a real sense of gratitude for everything around him. In *Goodbye, Things* Sasaki modestly shares his personal minimalist experience, offering specific tips on the minimizing process and revealing how the new minimalist movement can not only transform your space but truly enrich your life.

The benefits of a minimalist life can be realized by anyone, and Sasaki's humble vision of true happiness will open your eyes to minimalism's potential.

Umetnost preprostosti

21 Rituals to Change Your Life

This guide offers listings of some 300 Francophone women from around the world & their work. Wherever possible, entries include dates, brief biographies, descriptions & brief critical analyses.

Takebo

Smart, actionable advice and life tips on how to improve your career, your home, your finances, your relationships, and your health for a happier life -- all from the popular Smarter Living section of the New York Times. Launched in the summer of 2016, the New York Times Smarter Living section was created with the mission to help readers live better lives by publishing stories that have fallen between the news desks. Since then, the section has produced more than 250 pieces offering useful advice on a wide range of topics -- including career and finance, love and relationships, health and wellness, and more -- that have been read by more than 22 million unique readers. Smarter Living collects these very popular pieces into one handy guide, creating a trusted source that will appeal to those just starting out as well those looking for new approaches to life's

problems. The book identifies 5 key areas for building a better life: Work, Nest, Invest, Relate, and Thrive. Each area contains advice curated from the column on topics such as the Art of the Out of Office Reply, the Annual Home Checklist, What to Do When You're Bad at Money, How to Maintain Friendships, and How to Be Better About Stress. Each entry breaks down these sometimes overwhelming topics into manageable tasks through clear and concise guidance, easy-to-follow lists, and informative sidebars. Thoughtfully designed with bright, four-color illustrations similar to those found in the section, Smarter Living will be a perennial reference on how to create a healthy and happy life.



Is 'hustle and grind' really the message of The New Way? Is financial freedom really what it's about? is 'living life on our terms' really the summit of this mission? Is The New Way about becoming more successful than our generations before us? This book is a conversation about The New Way to Live, Lead, Earn, and Give. It is a collection of insights and ideas about how we can, and how we are, changing the world. It's an invitation to the New Superheroes—the people all over the world who give a sh*t about each other and our earth—to lighten up in our work as Game Changers. It's a time stamp so that our kids and their kids can read it and say, "oh, so that's what you were growing through back then" The New Way is not just about having more money at the end of the month. Success as we'd been taught isn't sufficient.

Success to our generation looked and felt completely different to what it looked and felt like to generations before us. We millennials do not thrive off gains in a capitalist society. The religious separation that our parents' generation know is torturing our hearts. Our planet isn't a place for us to holiday, but a place of permanent residence with the requirement that we nurture and love our Mother Earth as our one collective mother. There is no 'top' when it comes to leadership, but instead we're all about the power of tribe. We don't care to move forward at lightning speed, but would rather to stop and go back to our indigenous roots and ensure that ancient wisdoms are never forgotten. Taking care of our brothers and sisters who are without basic necessities is the only way we all win. Play is everything. We're here to change the world, but we've gotta stop taking it so seriously. We're here to use our talents and abilities to create epic sh*t, but we've gotta stop missing the point along the way. It's time for us to thrive like no generation before us ever has. It's time for us to show the world how good it's really meant to be. This book is for the millennial conscious leaders and entrepreneurs- those ushering in the new paradigm through their work, art, businesses, leadership.

The New Garconne

Frame by Frame III continues the work of documenting the participation of African Americans in cinema and illuminating their important contributions to the art of filmmaking. African Americans are screenwriters, actors, producers, directors, musicians, and

consultants who contribute their talents to a film industry that scarcely recognizes them. *Frame by Frame* includes productions from 1900 through 1977; *Frame by Frame II* extends coverage through 1994. With this volume, Audrey Thomas McCluskey and the staff of the Black Film Center/Archive at Indiana University bring the work of this essential resource into the 21st century. Covering the years from 1994 to 2004, the volume includes listings of black cast members, directors, executive producers, film composers, performers, producers, screenwriters, and Academy Award winners and nominees. Audrey T. McCluskey is Associate Professor of Afro-American Studies and Director of the Black Film Center/Archive at Indiana University. She is co-editor of *Mary McLeod Bethune: Building a Better World* (IUP, 2000).

Goodbye, Things: The New Japanese Minimalism

Frame by Frame Three

À notre époque, les choix et les possibilités sont légion, mais le rythme de vie, plus effréné que jamais, et la technologie, omniprésente, empoisonnent nos existences. Ne nous serait-il donc pas bénéfique de retrouver une vie plus lente et plus simple ? En retournant aux habitudes de nos grands-parents, nous pourrions espérer retrouver une vie plus saine, à la fois pour nous et pour la planète. Finie l'hyperconnexion, si néfaste pour notre bien-être, finie la surproduction, qui épuise les ressources. Le retour

à un mode de vie « rétro » nous permettrait de retrouver une douceur de vivre et un bien-être qui nous font aujourd'hui cruellement défaut.

ARTE DA SIMPLICIDADE, A

Step aside Hygge. Lagom is the new Scandi lifestyle trend taking the world by storm. This delightfully illustrated book gives you the lowdown on this transformative approach to life and examines how the lagom ethos has helped boost Sweden to the No.10 ranking in 2017's World Happiness Report. Lagom (pronounced 'lah-gom') has no equivalent in the English language but is loosely translated as 'not too little, not too much, just right'. It is widely believed that the word comes from the Viking term 'laget om', for when a mug of mead was passed around a circle and there was just enough for everyone to get a sip. But while the anecdote may hit the nail on the head, the true etymology of the word points to an old form of the word 'lag', which means 'law'. Far from restrictive, lagom is a liberating concept, praising the idea that anything more than 'just enough' is a waste of time. Crucially it also comes with a selflessness and core belief of responsibility and common good. By living lagom you can:

- Live a happier and more balanced life
- Reduce your environmental impact
- Improve your work-life balance
- Free your home from clutter
- Enjoy good food the Swedish way
- Grow your own and learn to forage
- Cherish the relationships with those you love

Home Sweet Maison

Sometimes love means having to broaden your literary horizons. Frankie Rose is desperate for love. Or a relationship. Or just a date with a semi-normal person will do. It's not that she hasn't tried. She's the queen of dating. But enough is enough. Inspired by her job at The Little Brunswick Street Bookshop, Frankie decides to take fate into her own hands and embarks on the ultimate love experiment. Her plan? Plant her favourite books on trains inscribed with her contact details in a bid to lure the sophisticated, charming and well-read man of her dreams. Enter Sunny, and one spontaneous kiss later, Frankie begins to fall for him. But there's just one problem - Frankie is strictly a classics kind of gal, and Sunny is really into Young Adult. Like really. A quirky and uplifting love letter to books, friendship and soulmates. Film rights have been optioned. Praise for *The Book Ninja* 'A funny, quirky read with a fantastically book-ish flavour.' Kelly Rimmer, bestselling author of *Before I Let You Go* and *The Things We Cannot Say* 'I could not put *The Book Ninja* down. It's so very Melbourne ... It's young and funny, and very modern. It was written very beautifully.' Carly Findlay OAM, author and activist 'Great read! Highly recommend. Original idea and really well written.' Chyka Keebaugh, *The Real Housewives of Melbourne* 'Hilarious, heartwarming, amazing.' Pip Drysdale, bestselling author of *The Sunday Girl* and *The Strangers We Know* 'An unbelievable love story in a very believable world. It was funny, sad and so, so relatable. I loved every page!' Sophie Dillman, *Home and Away* 'A light hearted, quirky romance' Herald Sun 'A delightful, funny read' Good Reading 'A clever, loveable book

that is to be enjoyed. Maybe even hugged' Better Reading 'This was a fantastic five star read for me and a great breath of fresh air. Read it with a cheeky glass of wine and then share it with your bestie.' Crazy Book Lady, Instagram 'This book celebrates the joys of reading anything from childhood classics to YA and onwards. Ah my bookworm heart is all excited just thinking. About my old faves plus the potential of future reads.' What Jane Read, Instagram 'Still looking for love online? Forget it. The Book Ninja is the only thing a modern girl needs in her dating toolkit.' Sharon Krum, journalist and author

99 objets nécessaires et suffisants

Au Japon, le Kakebo est un livre de comptes tenu par la maîtresse de maison. Cette nouvelle édition du Kakebo en français est agrémentée de nombreux conseils de l'auteur.

L'art de la Liste

Désencombrer son quotidien pour l'enrichir. Faire le vide autour de soi. Dominique Loreau nous propose de trier nos biens pour ne conserver que les 99 objets nécessaires. Assaillis par les modes éphémères, nous avons besoin de repères. Entourons-nous donc uniquement de beaux objets sélectionnés avec goût et rigueur pour leur utilité et leur longévité. Et si simplifier son quotidien nous faisait retrouver les véritables richesses de la vie ?

The Art of Simplicity

Vivre heureux dans un petit espace

The Curated Closet

The Book Ninja

From Esther Blum, an expert nutritionist at Dr. Perricone's flagship Manhattan store, comes the breakthrough news that, yes, you can eat and drink what you love and still look and feel gorgeous. Esther reveals the secrets to beautiful skin, a fantastic figure, and peace of mind all while living the good life. It's about knowing how to make the right choices: Which cocktails cause the least damage is a Merlot better than a Margarita? What natural supplements combat out-of-control hormones? With a troubleshooting section on treating specific ailments, delicious recipes, and fast fixes, *Eat, Drink, and Be Gorgeous* makes it possible to have that piece of cake and eat it, too.

The Genius Within

«Il meno è più» non è un paradosso, ma il principio fondante di una filosofia del quotidiano molto attuale: il minimalismo zen come forma di libertà. I tempi richiedono sobrietà: cogliamo questa necessità come un'opportunità di riflessione e di conoscenza. Questo libro è il manuale dell'arte di vivere per le donne (ma non solo) del nostro tempo. In questa guida

all'eleganza, al benessere psicofisico e a una raffinata qualità di vita, l'autrice spiega che conquistare l'arte della semplicità è anche: liberare la mente da pregiudizi; imparare ad apprezzare il silenzio (e anche a meditare e ad ascoltare gli altri); svuotare gli armadi; abbandonare gli acquisti compulsivi; smettere di accumulare oggetti inutili (che ingombrano la casa e la mente); coltivare la vera bellezza in tutte le sue forme; mettere a fuoco il proprio stile; prendersi cura del proprio corpo; utilizzare pochi e ottimi prodotti naturali di bellezza; mangiare meno ma alimenti di ottima qualità; riscoprire ogni tanto la fame

L'art de la Simplicité (The English Edition)

"Does for mental clutter what Marie Kondo has done for household clutter." --Publishers Weekly Relax and find happiness amid the swirl of the modern world with this internationally bestselling guide to simplifying your life by a Japanese monk who embodies the wisdom of Zen. In clear, practical, easily adopted lessons--one a day for 100 days--renowned Buddhist monk Shunmyo Masuno draws on centuries of wisdom to teach you to Zen your life. Discover how . . . * lining up your shoes after you take them off can bring order to your mind; * joining your hands together in gassho can soothe irritation and conflict; * putting down your fork after every bite can help you feel more grateful for what you have; * understanding the concept of ichi-go ichi-e can make everyday interactions more meaningful; * immersing yourself in

zazen can sweep the clutter from your mind; * planting a flower and watching it grow can teach you to embrace change; * practicing chisoku can help you feel more fulfilled; * going outside to watch the sunset can make every day feel celebratory. A minimalist line drawing appears opposite each lesson on an otherwise blank page, giving you an opportunity to relax with a deep breath between lessons. With each daily practice, you will learn to find happiness not by seeking out extraordinary experiences but by making small changes to your life, opening yourself up to a renewed sense of peace and inner calm.

L'art de manger peu. Changer pour mincir

"This isn't another Kondo-clone, because she dives into the heart of why decluttering is so difficult."— Booklist, STARRED Review Discover the freedom of a beautiful home, personal purpose, and joyful inner confidence Decluttering expert Tracy McCubbin offers revolutionary help to anyone who has repeatedly tried to break their clutter's mysterious hold. Her powerful answer lies in the 7 Emotional Clutter Blocks, unconscious obstacles that stood between thousands of her clients and financial freedom, healthy relationships, and positive outlooks. Once a Clutter Block is revealed—and healed—true transformation of home and life is possible. Her empowering techniques and strategies help you: Recognize and overcome your Clutter Block(s) to liberate your home. Lighten and purge without the rigidity of the other methods. Use your home to attain life goals like health, wealth

and love. It's time to break through your Clutter Blocks and discover the lasting happiness waiting for you on the other side! Additional Praise for Making Space, Clutter Free: "What sets Tracy McCubbin apart is her kind and empathetic approach to organizing—she truly understands the psychology behind peoples' attachment to things."—Patricia Heaton "In Making Space, Clutter Free Tracy offers a realistic approach to managing your belongings. Instead of prescribing perfection, she understands our individual differences require individual strategies—and that it doesn't always need to be rational."—Cait Flanders, bestselling author of The Year of Less

Earth is Hiring

DISCOVER THE LIFE-CHANGING MAGIC OF LISTS IN THIS INTERNATIONAL BESTSELLER The humble list has the power to change your life. In its immediacy, its simplicity and its concise, contained form, the list enables us to organise, to save time and to approach facts with clarity. Yet why do we end up with interminable To Do Lists that are never completed? After decades living in Japan, Dominique Loreau has become a master in the art of de-cluttering and simplifying. Now, in *L'art de la Liste* - a huge bestseller in her native France and translated into English for the first time - she turns her attentions to better list-making, showing you how to organise them and use them intelligently. Taking you on a step-by-step journey to greater productivity, this practical, inspiring book influences every aspect of your life -

from home, diet and beauty to mental health and self-awareness. To perfect the art of the list is to live simpler, richer and more organised lives.

Sztuka prostoty

The New Garconne is a non-prescriptive guide for today's modern, independent, and stylish woman. It espouses a grown-up style and attitude with a masculine-feminine aesthetic, where culture, history, beauty, intelligence, feminism, quality, and taste are celebrated. Women who embody the look include Katharine Hepburn, Andree Putman, Lauren Hutton, Janelle Monae, Phoebe Philo, Ines de la Fressange, Tilda Swinton, Stella Tennant, and Jenna Lyons. This visually inspiring book explores the look, history, and essence of gentlewoman style. It features profiles of women who typify the style, alongside beautifully photographed and curated imagery and how-to-get-the-look information.

Mon kakebo 2013 - Agenda de comptes pour tenir son budget sereinement

If simplicity is an art, then Dominique Loreau is a master. Having lived in Japan for many years and inspired by Eastern philosophy, Loreau discovered the beauty of a life well lived through the art of simplicity. Her lifestyle rests on the principle of "less is more," and imbues all areas of existence, from the material to the spiritual. She captured her philosophy in the ground-breaking *L'art de la Simplicité*, which was a massive bestseller in her native France and is now

available in English for the first time. Simplify your home, empty your wardrobe, abandon compulsive purchases, eat more frugally but better, take care of your body and mind. From the art of feeling well in your home to the art of feeling well in your body, this compelling and elegant book will transform your life and take you on an empowering journey to happiness. You will feel energized, more confident and free. You will discover the essence of being truly alive and how to live a more centered life: one full of real pleasure, clarity and satisfaction.

The Art of Simple Living

L'art de la Simplicité

Num mundo de excessos, simplificar a vida é enriquecê-la. Elegância, bem-estar e uma vida melhor - eis o que propõe 'A Arte da Simplicidade', inspirada nos filósofos orientais.

Bright Lights Paris

If simplicity is an art, then Dominique Loreau is a master. Having lived in Japan for many years and inspired by oriental philosophy, Dominique Loreau discovered the beauty of a life well lived through the art of simplicity. Her lifestyle rests on the principle of 'less is more', and imbues all areas of existence, from the material to the spiritual. She captured her philosophy in the ground-breaking L'art de la Simplicité, which was an massive bestseller in her

native France and is now available in the English language for the first time. Simplify your home, empty your wardrobe, abandon compulsive purchases, eat more frugally but better, take care of your body and mind. From the art of feeling well in your home to the art of feeling well in your body, this compelling and elegant book will transform your life and take you on an empowering journey to happiness. You will feel energised, more confident and free. You will discover the essence of being truly alive and how to live a more centred life. One full of real pleasure, clarity and satisfaction.

Earth to Kids

Ne sommes-nous pas trop matérialistes ? Avons-nous vraiment "réussi nos vies" parce que nous avons une grande maison ? Le vrai bonheur ne résiderait-il pas dans notre espace intérieur ? Comment vivre pleinement le moment présent sans se soucier des biens matériels ? La vie ne serait-elle pas plus simple si nous nous défaisions de tout ce qui nous encombre ? Après le succès de L'art de la simplicité de L'art de l'essentiel et de L'art de mettre les choses à leur place, c'est une nouvelle façon d'aborder la vie que l'auteur propose dans cet ouvrage : vivre heureux dans un petit espace, c'est accéder au bonheur simple.

Nothing Left Over

Donner du sens à chacun de nos gestes, à chacune de nos initiatives, pour tendre au bonheur. Dominique

Loreau, grand auteur à succès, nous propose dans ce nouvel opus les clés de son art de vivre : créer de l'ordre autour de soi pour en ressentir en soi. « Au-delà de ces questions purement pratiques, c'est une nouvelle philosophie de vie qui vous est proposée ici, pour ainsi avoir plus de temps pour vous, pour les autres, profiter de l'instant présent en désencombrant votre esprit. Chaque chose à sa place, vous avez enfin du temps pour vous. » L'art de mettre les choses à leur place est le petit guide d'une vie meilleure.

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