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THE YEAR OF LESS (BY CAIT  
FLANDERS) *The Year of Less /*  
*Cait Flanders | Talks at*  
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of Less by Cait Flanders -  
Reviews By Cindy The Year of  
Less - Cait Flanders #042 -



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*The Year of Less* (Cait  
Flanders) **How To Get A Book  
Deal in Ten Years or Less**

~~756: An Excerpt from the  
Book *The Year of Less* by  
Cait Flanders~~

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Introducing My 2020: Year Of  
Less *The Year of Less* by Cait

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*Flanders / Book Summary /  
Read and Listen Episode 008  
// Letting Go Intentionally  
with Cait Flanders* **The Year  
of Less by Cait Flanders ||  
Review**

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Review: The Big Book of Less  
from Flow Magazine ~~"Year of~~

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~~Less" by Cait Flanders: A  
Book Review~~ **How many years  
of your life are you  
spending...**

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~~Book Review, The Year of  
Less by Cait Flanders  
Minimalist Money Management  
with Cait Flanders~~ **THE YEAR**

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**OF LESS, Decluttering,  
Downsizing \u0026 How to Get  
Organised. THE JOY OF LESS**

BY FRANCINE JAY | MINIMALIST

BOOK REVIEW Buy In A Store

Interviews Cait Flanders

about her NEW book "The Year  
of Less" How To Write A Book

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*In Less Than 24 Hours The  
Year Of Less How  
And Discovered Life Is  
Year of Less is inspiring .  
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How Can Buy In A Store*  
downsizing possessions can  
be, and how you can take it  
to the next level. (Katie

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Dalebout, author of 'Let It Out') Cait comforted herself with alcohol, binge eating, and compulsive shopping, then finally said, 'Enough is enough.'

*The Year of Less: How I*

*Page 14/46*

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*Stopped Shopping, Gave Away  
My . . .*  
Cait Flanders is the author  
of Wall Street Journal  
bestseller, *THE YEAR OF  
LESS*. Described by Vogue as  
“a fascinating look into a  
living experiment that we

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can all learn from," it has  
been translated into 10  
languages, and sold more  
than 190,000 copies.

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*The Year of Less: How I  
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My ...*



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The Year of Less documents  
Cait's life for twelve  
months during which she  
bought only consumables:  
groceries, toiletries, gas  
for her car. Along the way,  
she challenged herself to  
consume less of many other

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things besides My belongings.  
And Discovered Life Is  
*The Year of Less / Cait  
Flanders*

So what is The Year of Less  
all about? Why is it worth  
reading? Key points from The  
Year of Less. 1. Save first,

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spent what's left over; 2. Live on less; 3. Avoid impulse purchases; 4. Clear the clutter; 5. Question why you buy; 6. Face up to emotions; 7. Beware of debt; 8. No, you don't deserve it; 9. Question who are you

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buying for; 10. Buy what you  
need when you need it; 11.

*Review: The Year of Less –  
Much More With Less*

Reading The Year of Less by  
Cait Flanders was both easy  
and hard. It was easy

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Because the book shares an interesting story and Cait is a solid writer, with an engaging style.. But it was hard because the lessons Cait learned from her year of less were difficult ones, and the emotions she had to

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work through to learn them  
reminded me of painful  
struggles from my own life.

*Book Review: The Year of  
Less | Good Life. Better.*

The Year Of Less by Cait  
Flanders Source:Supplied.

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This is an edited extract  
from The Year Of Less by  
Cait Flanders, \$19.99, Hay  
House, out now. trending in  
lifestyle. 2051. A Store

*The Year Of Less: Book  
extract about spending less*

*Page 23/46*

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# And Discovered Life Is Worth More Than Anything

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*The Year of Less: How I  
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My . . .*

More than ever we are  
committed to downsizing our  
lives, to be content with  
less, to give more, and to  
make greener choices, not

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just for the sake of the planet, but for the sake of it's people. We also had no idea how overwhelming it would be. Sharing a life online is a lot of work.

*The Year of Less*

*Page 28/46*

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The Year of Less;  
Newsletter; Contact; Skip to  
content. Personal A New Way  
for Us to Connect. November  
6, 2020 November 6, 2020.

Well, that was a nice  
surprise. I published my  
first little hello in more

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than two years, and was  
greeted with the loveliest  
responses. When I say that  
was a surprise, I truly mean  
it. I've thought about  
writing ...

*Cait Flanders*

*Page 30/46*

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The Year of Less documents the 12 months during which Cait spent money only on the essentials - food, bills, car fuel - and steadily cleared out 70 per cent of her belongings. She learned to make do and mend, imposed

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*The Year of Less by Cait  
Flanders | Waterstones*

Bestselling author of The  
Year of Less: How I Stopped



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Shopping, Gave Away My Belongings  
Belongings and Discovered  
Life Is Worth More Than  
Anything You Can Buy in a  
Store...

*The Year of Less | Cait  
Flanders | Talks at Google -  
Page 33/46*

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12 months of the year.\*  
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Leap year occurs every 4  
years, except for years that  
are divisible by 100 and not  
divisible by 400.

*Months of the Year list -*

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*RapidTables.com*

"The Year of Less" (Book  
Review) By. Katherine  
Martinko. Senior Writer.

University of Toronto;

Katherine Martinko is a  
writer and expert in  
sustainable living. She

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holds a degree in English  
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"The Year of Less" (Book  
Review) - Treehugger  
The Year of Less documents  
Cait's life for twelve  
months during which she

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bought only consumables:  
groceries, toiletries, gas  
for her car. Along the way,  
she challenged herself to  
consume less in many other  
things besides shopping.

*The Year of Less - Beehive*

*Page 37/46*

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*Library Consortium –  
OverDrive*

The Year of Less In her late twenties, Cait Flanders found herself stuck in the consumerism cycle that grips so many of us: earn more, buy more, want more, rinse,

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repeat. Even after she  
worked her way out of nearly  
\$30,000 of consumer debt,  
her old habits took hold  
again.

*The Year of Less: How I  
Stopped Shopping, Gave Away  
Page 39/46*

# Get Free The Year Of Less How I Stopped Shopping I Gave Away My Belongings

Description. The Year of Less In her late twenties, Cait Flanders found herself stuck in the consumerism cycle that grips so many of us: earn more, buy more, want more, rinse, repeat.



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Even after she worked her way out of nearly \$30,000 of consumer debt, her old habits took hold again. When she realized that nothing she was doing or buying was making her happy—only keeping her from meeting her

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goals—she decided to set herself a challenge: she would not shop for an entire year. The Year of ...

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*The Year of Less: How I  
Stopped Shopping, Gave Away  
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The Year of Less In her late twenties, Cait Flanders found herself stuck in the consumerism cycle that grips so many of us: Earn more, buy more, want more, rinse, repeat. Even after she worked her way out of nearly

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\$30,000 of consumer debt,  
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again. When she realized  
that nothing she was doing  
or buying was making her  
happy—only keeping her from  
meeting her goals—she ...

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*The Year of Less – Hay House*

The upfront sticker price may be high, but running costs and – crucially – resale value predictions for the Vauxhall Vivaro-e make it a compelling proposition

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