

Things That Matter: A Life of Focus and Meaning by Joshua Becker



SUMMARY & REVIEW OF THINGS THAT MATTER By Joshua Becker: Overcoming Distraction to Pursue a More Meaningful Life by P.D. James

★★★★★ 5 out of 5

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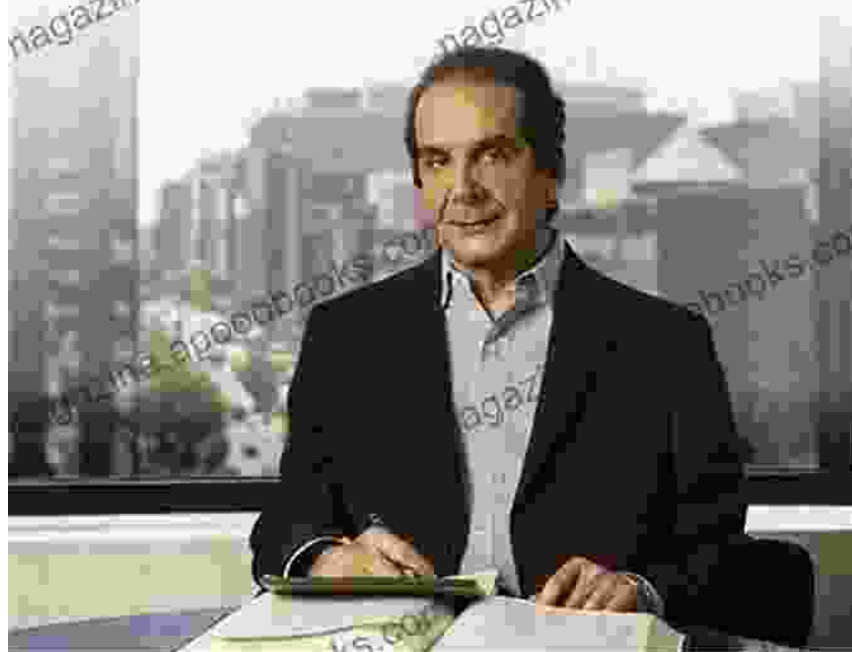
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CHARLES KRAUTHAMMER

THINGS THAT MATTER

Three Decades of Passions, Pastimes and Politics



Summary

In *Things That Matter*, Joshua Becker, founder of the popular blog *Becoming Minimalist*, challenges readers to reassess what truly matters to them and pursue a life of focus and meaning. Through personal anecdotes and practical advice, Becker argues that by decluttering our homes,

schedules, and minds, we can create space for the things that truly make us happy.

Becker begins by exploring the problem of excess in our lives. We are constantly bombarded with messages that tell us we need more stuff, more experiences, and more money to be happy. But as Becker points out, these things often only lead to more stress, anxiety, and unhappiness.

Instead of chasing after more, Becker encourages us to focus on the things that truly matter to us. This could be our relationships, our health, our passions, or our faith. When we know what is important to us, we can start to make choices that align with our values.

Becker also provides practical advice on how to declutter our homes, schedules, and minds. He offers tips on how to get rid of excess stuff, how to create a more organized and efficient schedule, and how to quiet our minds.

By following Becker's advice, we can create a life that is more focused, meaningful, and joyful.

Review

Things That Matter is a life-changing book. It has helped me to reassess what is important to me and to start living a more focused and meaningful life.

Becker's writing is clear, concise, and engaging. He uses personal anecdotes and examples to illustrate his points, and he provides practical advice that is easy to follow.

I highly recommend Things That Matter to anyone who is looking to declutter their life and find more focus and meaning.

Key Takeaways

* The problem of excess in our lives * The importance of focusing on the things that truly matter * Practical tips on how to declutter our homes, schedules, and minds * The benefits of living a more focused and meaningful life

Things That Matter is a must-read for anyone who is looking to live a more focused and meaningful life. Becker's insights and advice will help you to declutter your life, find more focus, and create a life that you love.



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