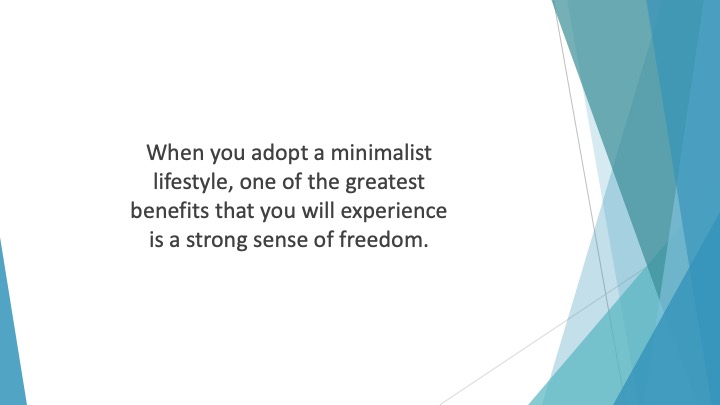
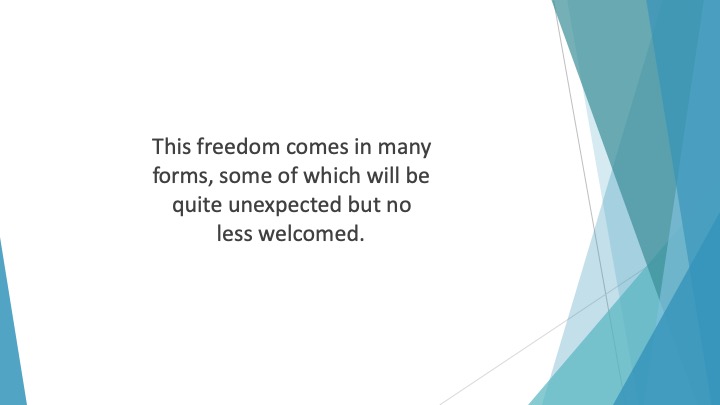
**Chapter 2: What Kind of Freedom Can Minimalist Living Bring?**

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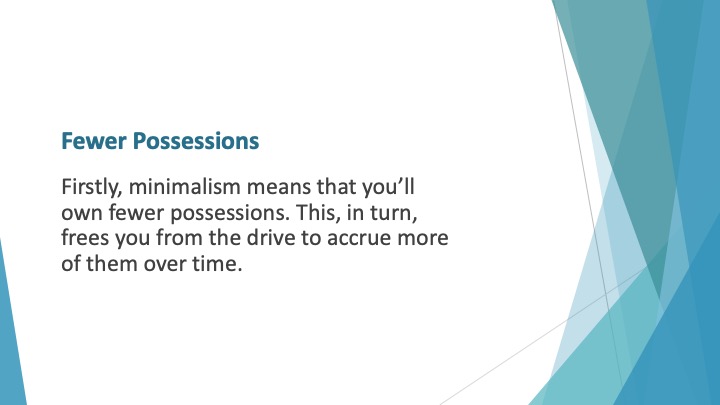
**S1** : In this video, we’ll discuss about “What Kind of Freedom Can Minimalist Living Bring?”



**S2 :** When you adopt a minimalist lifestyle, one of the greatest benefits that you will experience is a strong sense of freedom. While this freedom stems from losing the drive to possess more things, it has significantly far-reaching implications that spread through all aspects of your everyday life.

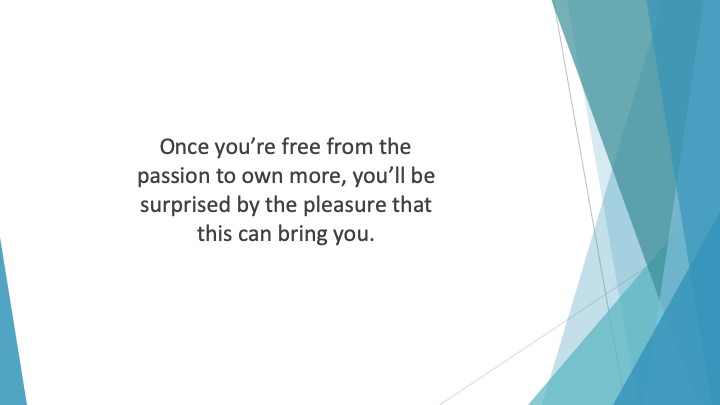


**S3** : This freedom comes in many forms, some of which will be quite unexpected but no less welcomed.

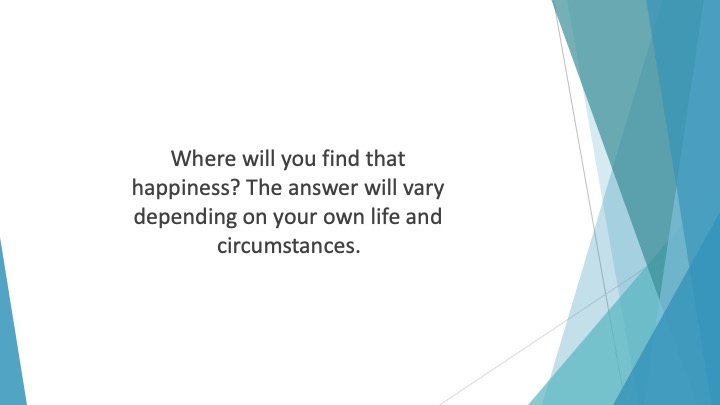


**S4** : Fewer Possessions

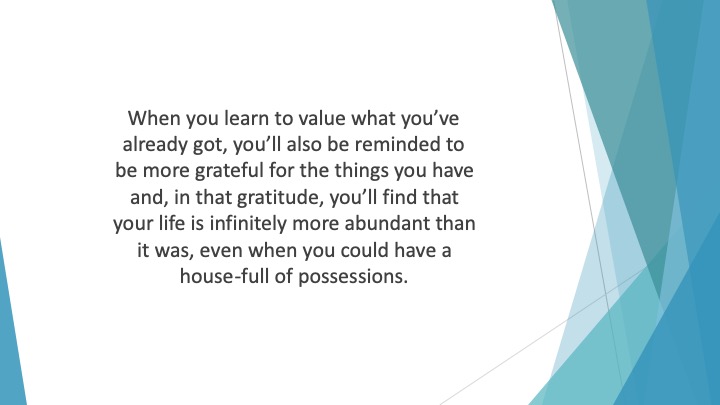
Firstly, minimalism means that you’ll own fewer possessions. This, in turn, frees you from the drive to accrue more of them over time. When you live intentionally with just the things you most need by getting rid of the distractions that excess possessions can bring, you can put more of your focus onto the things in your life that matter most.



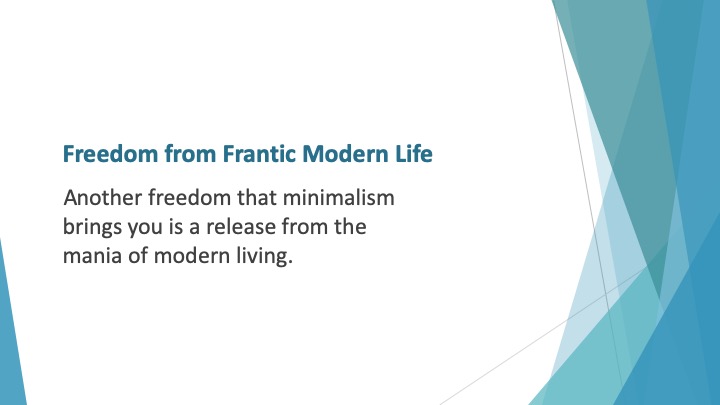
**S5 :** Once you’re free from the passion to own more, you’ll be surprised by the pleasure that this can bring you. You’ll be stepping off the consumerism treadmill and looking for the source of your happiness elsewhere.



**S6 :** Where will you find that happiness? The answer will vary depending on your own life and circumstances. However, you’ll almost certainly find the joy that you’re seeking in your relationships, your experiences and your self-care.

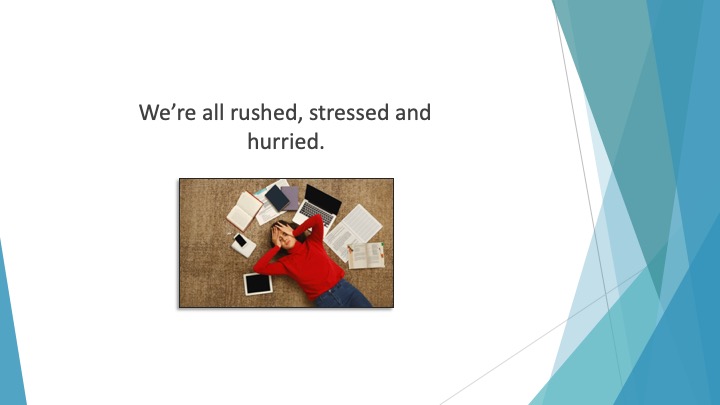


**S7 :** When you learn to value what you’ve already got, you’ll also be reminded to be more grateful for the things you have and, in that gratitude, you’ll find that your life is infinitely more abundant than it was, even when you could have a house-full of possessions.



**S8 :** Freedom from Frantic Modern Life

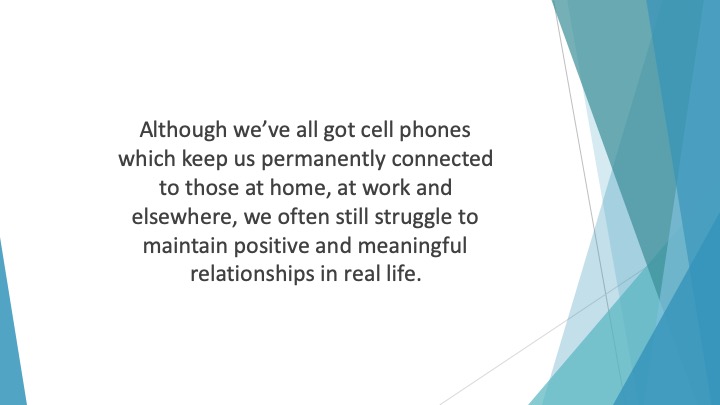
Another freedom that minimalism brings you is a release from the mania of modern living. The world today is running at a breakneck pace.



**S9 :** We’re all rushed, stressed and hurried. We feel obliged to work long hours so we can pay our bills and we fall into debt as we try to keep up with the neighbors.



**S10 :** We also find that we’re endlessly rushing between activities, multi-tasking instead of appreciating the experiences we’re living through, while still struggling to accomplish anything worthwhile.

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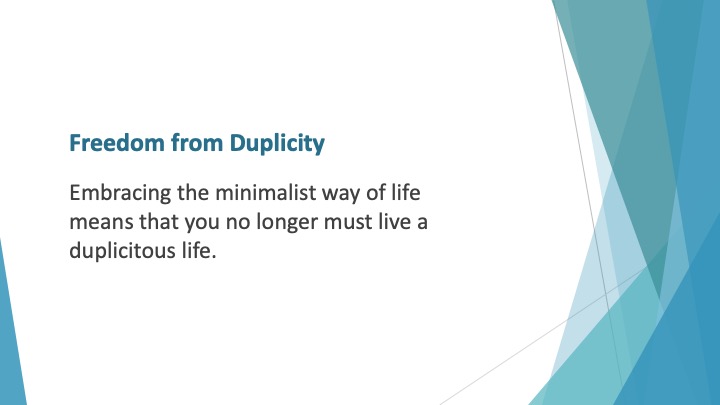
**S11 :** Although we’ve all got cell phones which keep us permanently connected to those at home, at work and elsewhere, we often still struggle to maintain positive and meaningful relationships in real life. When we embrace minimalist living, life can finally slow down. You can finally free yourself from the frenetic pace of modern life.



**S12 :** You can disengage from all the pressures that we face today in the 21st century. It’s only then that you can come to realize just how stressed you’ve been and how strained your relationships have become.

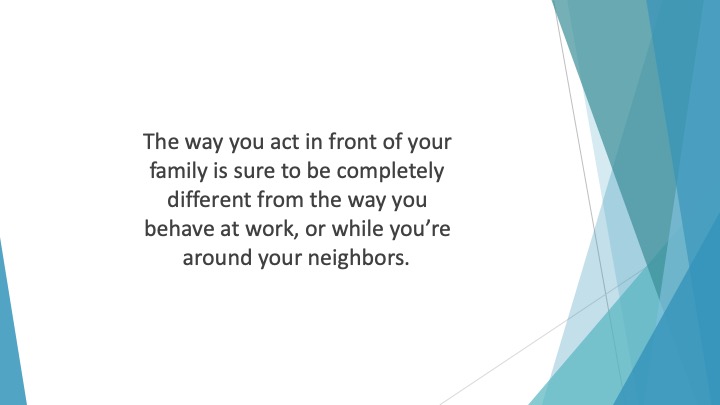


**S13 :** With the new freedom that you’ve found, you can rectify that and start to rebuild a more positive living environment.

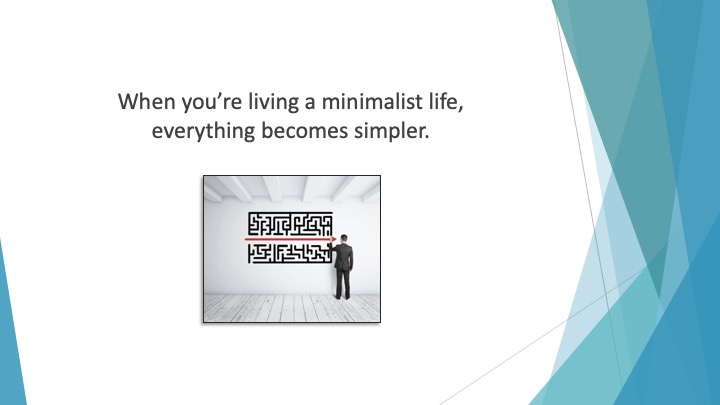


**S14 :** Freedom from Duplicity

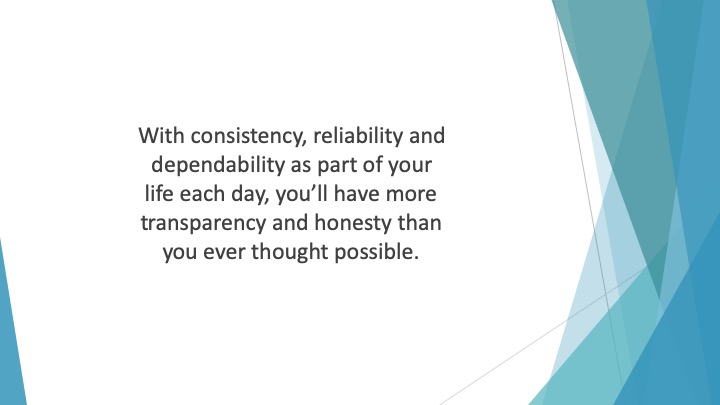
Embracing the minimalist way of life means that you no longer must live a duplicitous life. Whether or not you realize it, you’re almost certainly portraying yourself in a different way to different people in your life.



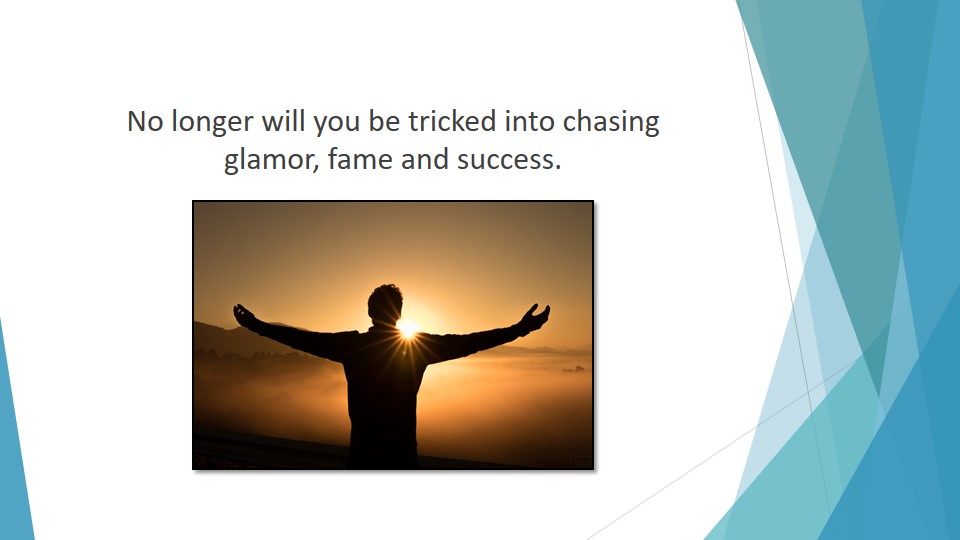
**S15 :** The way you act in front of your family is sure to be completely different from the way you behave at work, or while you’re around your neighbors. Yet, having to play up to an expected image can be hard work and over time, the strain builds up.



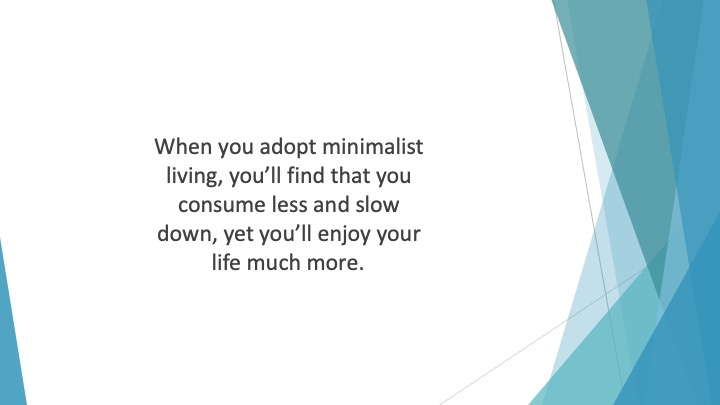
**S16 :** When you’re living a minimalist life, everything becomes simpler. You can be more united in your approach to those around you.



**S17 :** With consistency, reliability and dependability as part of your life each day, you’ll have more transparency and honesty than you ever thought possible.



**S18 :** No longer will you be tricked into chasing glamor, fame and success. You’ll learn to chase things that are much more meaningful such as strong relationships, peace and positivity.



**S19 :** When you adopt minimalist living, you’ll find that you consume less and slow down, yet you’ll enjoy your life much more.