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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.

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□ Fumio Sasaki, Goodbye, Things: The New Japanese Minimalism I wasn't a fan of the writing. Perhaps, I went in expecting more of a Zen minimalism aesthetic.

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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.

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Goodbye, Things by Fumio Sasaki is a breath of fresh air. It opened my eyes to the universal nature of minimalism and to the Japanese culture. And, it's written by someone who isn't a well-known author, speaker, top simple living leader, or Zen Buddhist teacher like Haemin Sunim. Fumio Sasaki is 35 years old, male, single,

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Japanese, and lives in Tokyo.

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selling over 150,000 copies. In many ways, Goodbye, Things feels like the more radical child/cousin/best friend of Kondo's global blockbuster, The Life-Changing Magic of Tidying Up.

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