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The Self Improvement Show Archives Available December 28th 2017: Be More With Less

Before you read this, look around you. Whether you're at home or in your office, let your eyes rest on three things that you can get rid of and never miss. In the next few days, make a mental note of things in your life that you consider "clutter." Don't find any? Look again. Why? Because we're going to talk about being more and having less. Our guest for Thursday's show states, "Be more with less" is about simplifying your life and really living. Living with less creates time and space to discover what really matters. Through decluttering, and focusing on the best things instead of all the th

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Featured Guest



Courtney Carver

Courtney Carver changed her life by simplifying it after a devastating diagnosis in 2006. She's the founder of [bemorewithless.com](#) and minimalist fashion challenge Project 333. Her new book "Soulful-Simplicity: How Living With Less Can Lead to So Much More" was just released by Tarcher/Perigee, a division of Penguin Random House. Carver shows us the power of simplicity to improve our health, build more meaningful relationships, and relieve stress in our professional and personal lives.

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