



# Less Is More: Meditations on Simplicity, Balance, and Real Abundance

*Mina Parker*

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*Less Is More* is a glorious celebration -- in words and images -- of simple and profound answers. But, is there any way to live the good life in an environment of scarcity? Parker answers with an unequivocal, "Yes." She writes, "We can embrace simplicity as a desired outcome rather than a hardship we can't control. We can throw ourselves into new creation and transform our circumstances into new opportunities by embracing a credo of recycling and renewal. Most of all, we can give back and move forward through a daily practice of gratitude and the intense joy it brings us."

\* More than 50 beautiful photos, combined with inspiring and comforting thoughts.

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