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ability to focus will allow us to create in ways that perhaps we haven't in years. It'll allow us to slow down and find peace of mind. It'll allow us to simplify and focus on less-on the essential things, the things that matter most.

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A simplicity manifesto in the Age of
Distraction: Part 14. Going with the flow
“ Life is a series of natural and
spontaneous changes. Don't resist them
- that only creates sorrow. Let reality be

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reality. Let things flow naturally forward
in whatever way they like. " Lao-Tzu

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simplicity and peace amidst chaos and
confusion. That key is itself simple:
focus. Our ability to focus will allow us to
create in ways that perhaps we haven't

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in years. It'll allow us to slow down and find peace of mind. It'll allow us to simplify and focus on less — on the essential things, the things that matter most.

A simplicity manifesto in the Age of Distraction

Instead, focus on one system at a time

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(your laundry system, your errands system, your paperwork system, your email system, etc.) and try to make it simplified, efficient, and written. Then stick to it.

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That key itself is simple: focus. Our ability to focus will allow us to create in ways that perhaps we haven't in years. It'll allow us to slow down and find peace of mind. It'll allow us to simplify and focus on the essential things, the things

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that matter most.” —Leo Babauta

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money to invest later on down ...

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