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**Living** minimalism isn't about how little you have, but how it makes you feel. Sasaki credits his minimalist lifestyle with helping him lose weight, become extroverted and proactive, and above all, feel happy and grateful for what he has -- Heeseung Kim, *Cosmopolitan*

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Living, insecure, and constantly comparing himself to others—until one day he decided to change his life by reducing his possessions to the bare minimum. The benefits were instantaneous and absolutely remarkable: without all his "stuff," Sasaki finally felt true freedom, peace of mind, and appreciation for the present moment. Goodbye, Things ...

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Goodbye, Things: On Minimalist Living Fumio Sasaki No preview available - 2017. About the author (2017) Fumio Sasaki is the co-editor-in-chief at Wani Books and lives in a tiny studio in Tokyo, furnished with a small wooden box, a desk, and a roll-up mattress. Bibliographic information. Title:

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2017: ISBN: 0141986395,  
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In Goodbye, Things, Fumio Sasaki recounts his conversion from reckless hoarder to hyper-mindful consumer, and offers advice to those seeking the same simple happiness that he found in minimalism \* Gear Patrol \* If you've ever felt bogged down by all of the things filling your life up with clutter then this is the book for you \* The Daily Want \* The minimalism movement has become quite popular lately, but Japanese editor Fumio Sasaki's story of how he found greater

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— Fumio Sasaki, Goodbye,  
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**Minimalism** I wasn't a fan of the writing. Perhaps, I went in expecting more of a Zen minimalism aesthetic. ... Sasaki's "new Japanese minimalism" relies on a) living in a 24-hour metropolis so you can go out to buy something at 2am at an all-night store if you urgently need something b) a ...

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