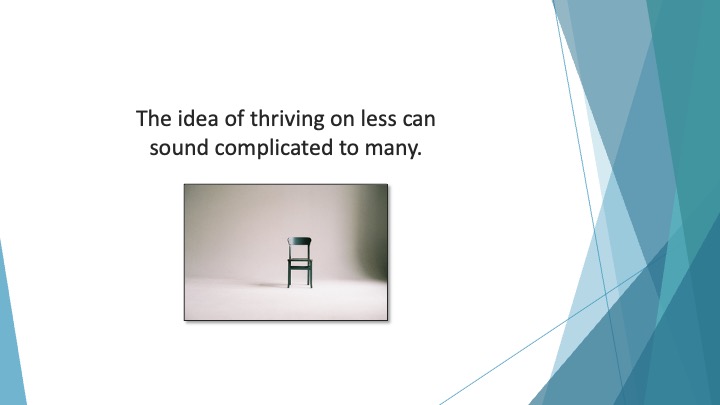
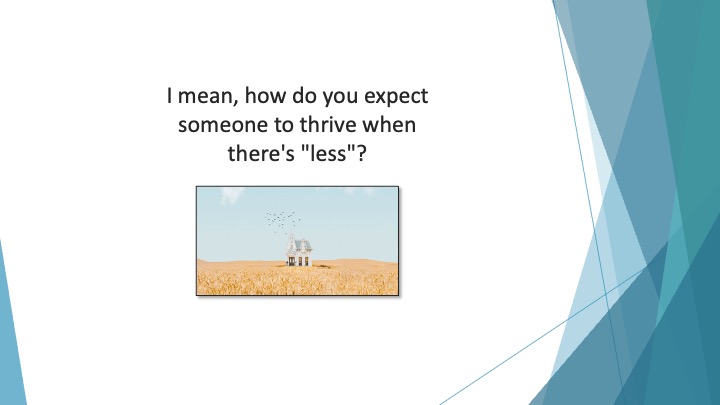
**Introduction**

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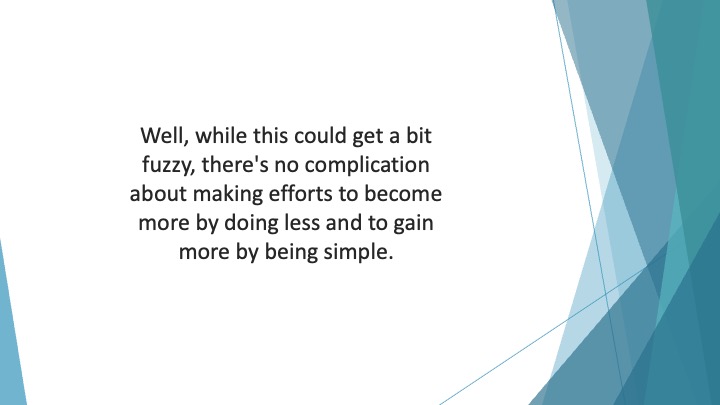
**S1** : Pause for 2 seconds



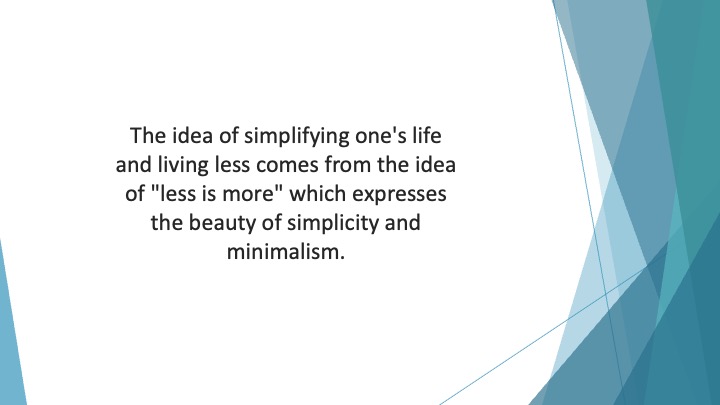
**S2 :** The idea of thriving on less can sound complicated to many.



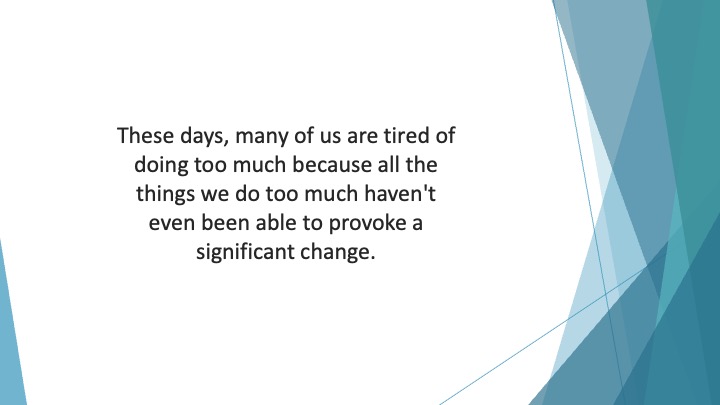
**S3** : I mean, how do you expect someone to thrive when there's "less"?



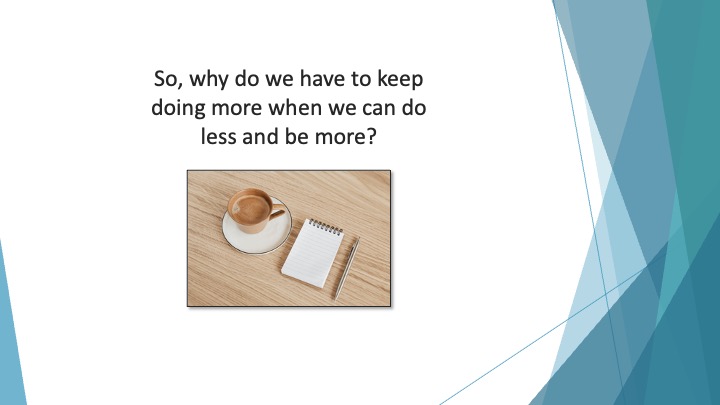
**S4** : Well, while this could get a bit fuzzy, there's no complication about making efforts to become more by doing less and to gain more by being simple.



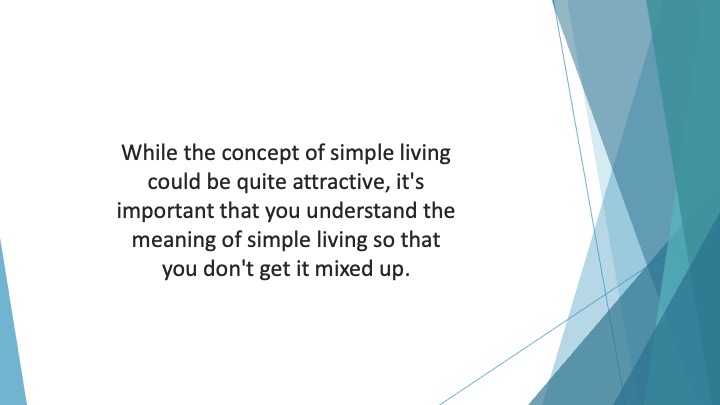
**S5 :** The idea of simplifying one's life and living less comes from the idea of "less is more" which expresses the beauty of simplicity and minimalism.



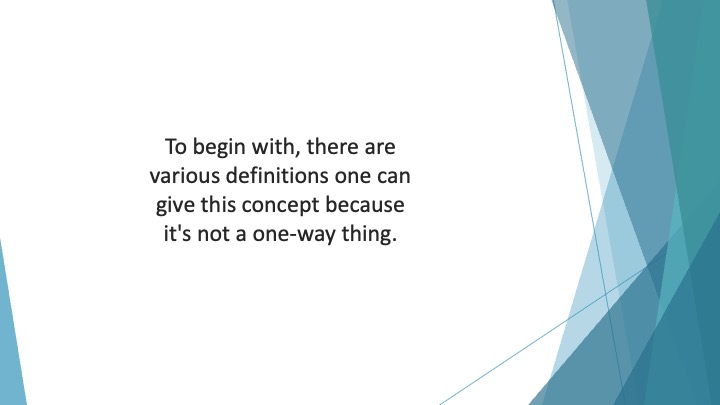
**S6 :** These days, many of us are tired of doing too much because all the things we do too much haven't even been able to provoke a significant change.



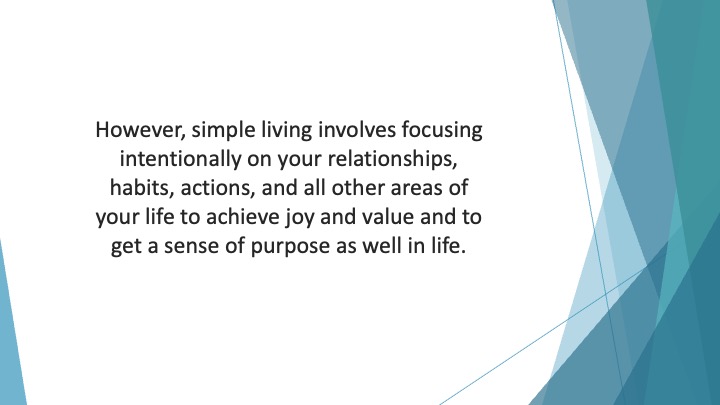
**S7 :** So, why do we have to keep doing more when we can do less and be more?



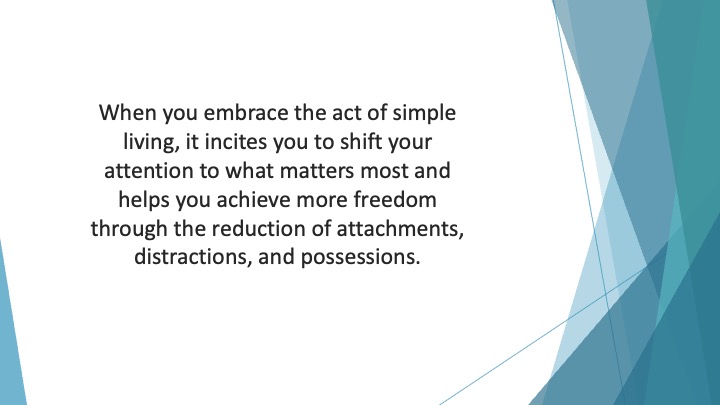
**S8 :** While the concept of simple living could be quite attractive, it's important that you understand the meaning of simple living so that you don't get it mixed up.



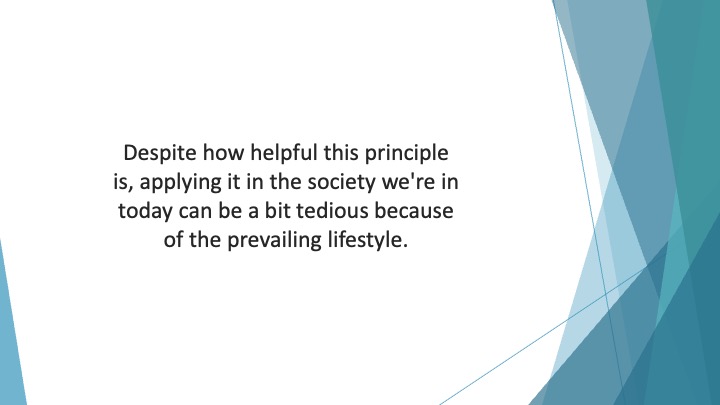
**S9 :** To begin with, there are various definitions one can give this concept because it's not a one-way thing.



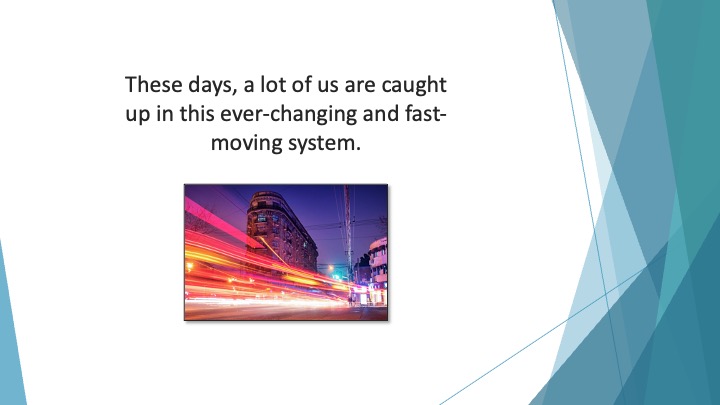
**S10 :** However, simple living involves focusing intentionally on your relationships, habits, actions, and all other areas of your life to achieve joy and value and to get a sense of purpose as well in life.



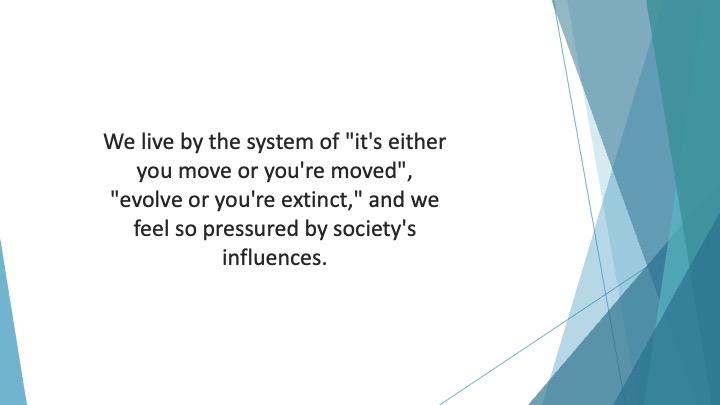
**S11 :** When you embrace the act of simple living, it incites you to shift your attention to what matters most and helps you achieve more freedom through the reduction of attachments, distractions, and possessions.



**S12 :** Despite how helpful this principle is, applying it in the society we're in today can be a bit tedious because of the prevailing lifestyle.



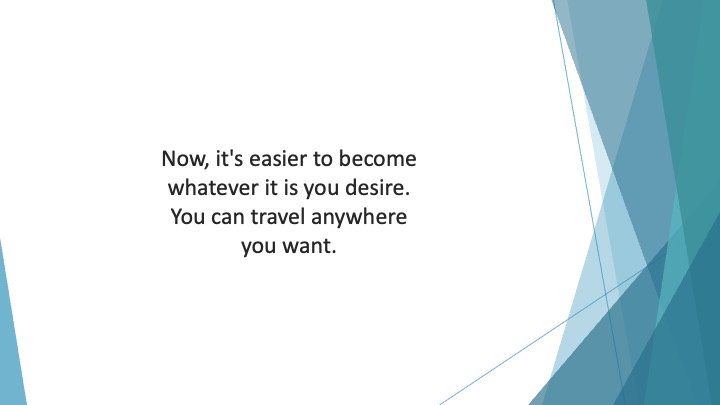
**S13 :** These days, a lot of us are caught up in this ever-changing and fast-moving system.



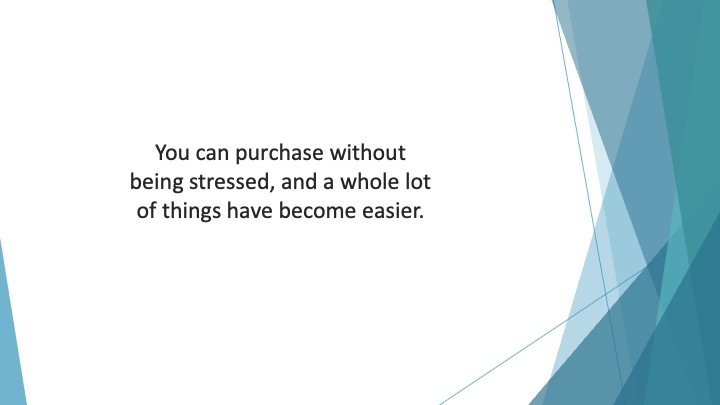
**S14 :** We live by the system of "it's either you move or you're moved", "evolve or you're extinct," and we feel so pressured by society's influences.



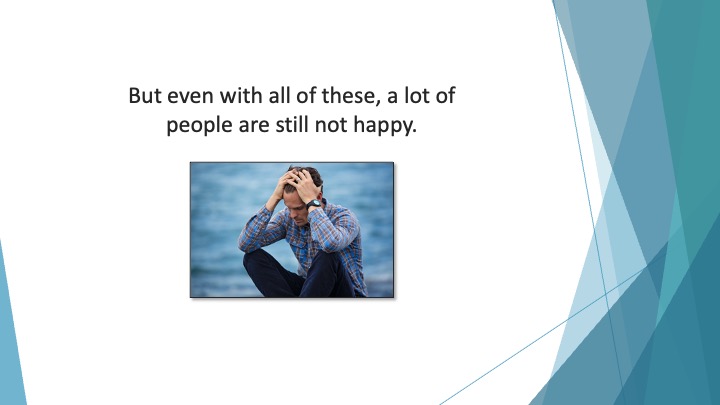
**S15 :** On the other hand, technology is making good efforts to save the day.



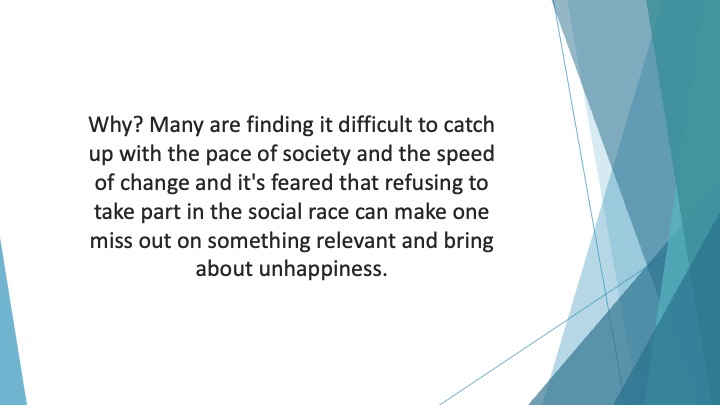
**S16 :** Now, it's easier to become whatever it is you desire. You can travel anywhere you want.



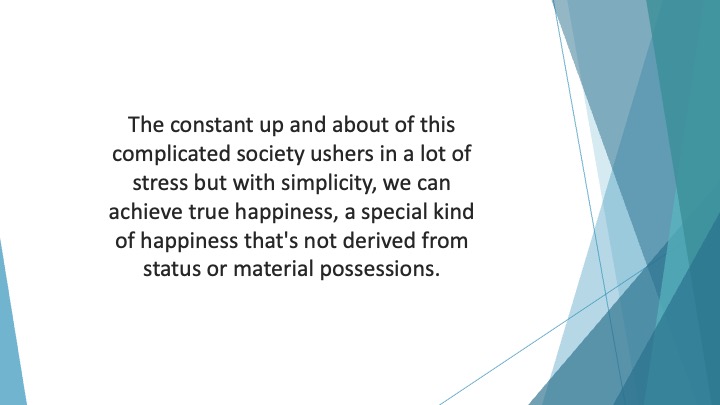
**S17 :** You can purchase without being stressed, and a whole lot of things have become easier.



**S18 :** But even with all of these, a lot of people are still not happy.



**S19 :** Why? Many are finding it difficult to catch up with the pace of society and the speed of change and it's feared that refusing to take part in the social race can make one miss out on something relevant and bring about unhappiness.



**S20 :** The constant up and about of this complicated society ushers in a lot of stress but with simplicity, we can achieve true happiness, a special kind of happiness that's not derived from status or material possessions.