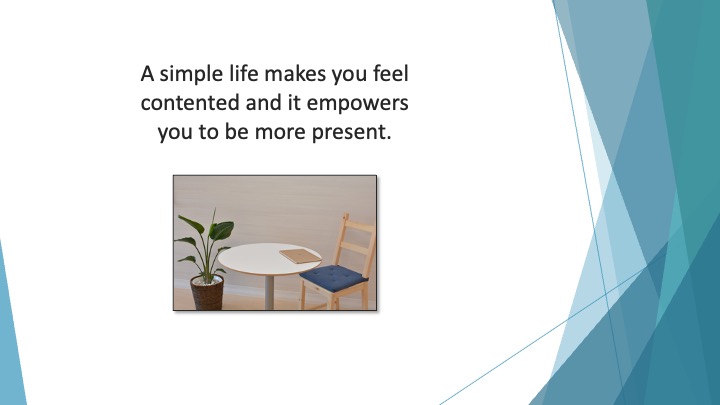
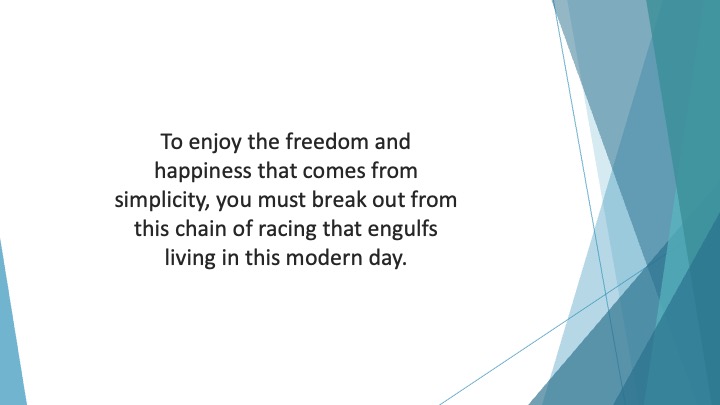
**Conclusion**

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**S1** : Pause for 2 seconds



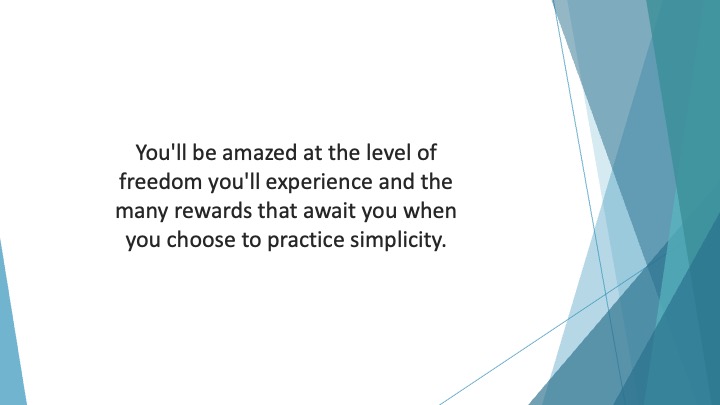
**S2 :** A simple life makes you feel contented and it empowers you to be more present.



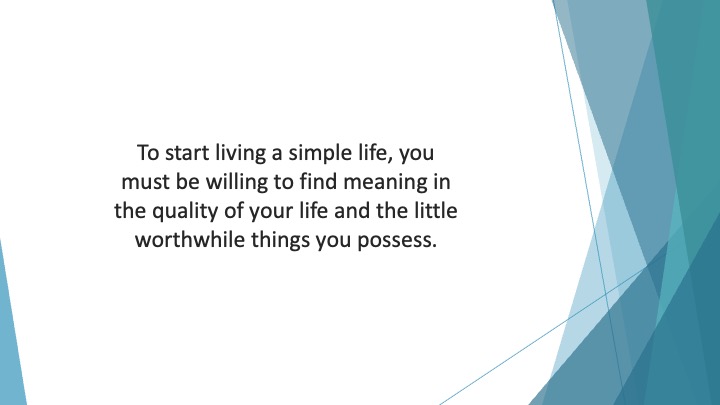
**S3** : To enjoy the freedom and happiness that comes from simplicity, you must break out from this chain of racing that engulfs living in this modern day.



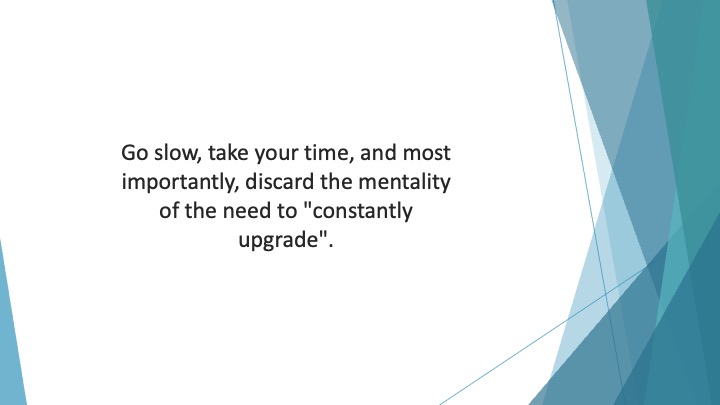
**S4** : Yes, it's possible to start living a simple life today.



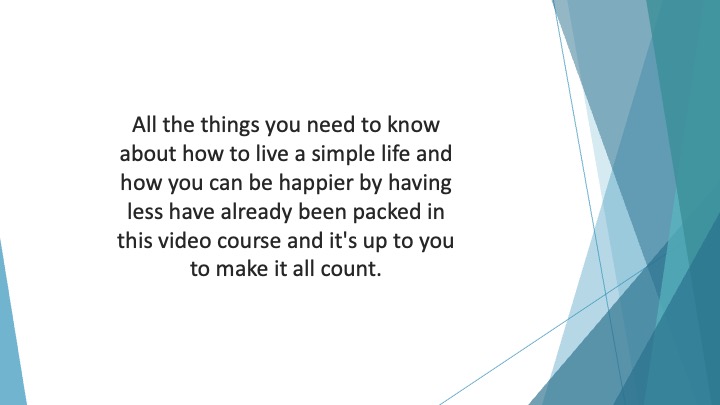
**S5 :** You'll be amazed at the level of freedom you'll experience and the many rewards that await you when you choose to practice simplicity.



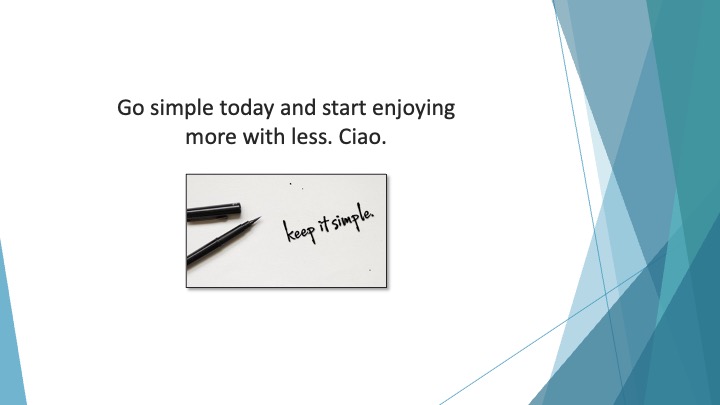
**S6 :** To start living a simple life, you must be willing to find meaning in the quality of your life and the little worthwhile things you possess.



**S7 :** Go slow, take your time, and most importantly, discard the mentality of the need to "constantly upgrade".



**S8 :** All the things you need to know about how to live a simple life and how you can be happier by having less have already been packed in this video course and it's up to you to make it all count.



**S9 :** Go simple today and start enjoying more with less. Ciao.