



## Essential: Essays by The Minimalists

*By Joshua Fields Millburn, Ryan Nicodemus*

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Review

"Helping us end our obsession with stuff."

--LA Weekly

About the Author

The Minimalists--Joshua Fields Millburn & Ryan Nicodemus--are bestselling authors and international speakers who write and speak about living a meaningful life with less stuff. Their books include *Essential: Essays by The Minimalists*, *Minimalism: Live a Meaningful Life*, *As a Decade Fades: A Novel*, and *Everything That Remains: A Memoir*. They have been featured in the *New York Times*, *Wall Street Journal*, *USA Today*, *Forbes*, *Boston Globe*, *San Francisco Chronicle*, *Chicago Tribune*, *Seattle Times*, *Toronto Star*, *Globe & Mail*, *Vancouver Sun*, *Village Voice*, *LA Weekly*, and many other outlets. Visit the authors online at [TheMinimalists.com](http://TheMinimalists.com).

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