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author/source: CJP

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I have found that an abundance of material possessions can and usually is a burden. Often times you don't realize this until you move or until you decide to rid yourself of all unnecessary stuff.

Our family has unloaded a lot of stuff over the past year and it has been a relief...a burden lifted. We still have more to get rid of. I have even contemplated selling everything we have and see how the Lord leads...it might turn quite liberating.

Anyway, here's a good article from [Mother Earth News](#) about living on less and loving it.

***Try these 75 inspiring ideas and enjoy life more while spending and consuming less.***

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