

Simplicity Resources

Start Somewhere

If you want to know more about the practice of Simplicity, here is a compiled list of helpful resources. Because this list has many options, it can feel intimidating on where to start. Our encouragement is just to start somewhere. Pick one that seems appealing and start there.

Books

- Abundant Simplicity – Jan Johnson – ([Link](#))
- The More of Less – Joshua Becker ([Link](#))
- Free – Mark Scandrette – ([Link](#))

Movies

- [Paterson](#) – *A movie about a Bus driver and his poem book (Note: rated R for language)*
- [Columbus](#) – *A movie about simple aspirations (Note: some explicit language)*
- [WALL-E](#) – *A movie about consumerism*

Teachings

- [Video on Simplicity](#)
- [10 Signs You Own Too Much Stuff](#)
- [The Propaganda of More | Simplicity E1](#)
- [Simplicity of Heart | Simplicity E2](#)
- [Simplicity of Speech | Simplicity E3](#)
- [Simplicity of Stuff | Simplicity E4](#)