

*The Year of Less* by Cait Flanders

“De-clutter” and “downsize” are attractive words – just look at the cover of any magazine by the checkout counter that aims to make housekeeping more of a pleasure! This book is inspiring and fascinating – what if we could undertake to live as the author did for a year, and only acquire what would be consumed (as in groceries) or what would replace an object/garment that had actually become worn out? It’s such a “first-world problem” but every closet and drawer seems to need less objects than it contains, isn’t that the truth? I can’t say I could become Cait in my approach, but she did make cleaning out my next closet more of an adventure! And I approach shopping differently now – or at least I have second thoughts!

Debra Blunier