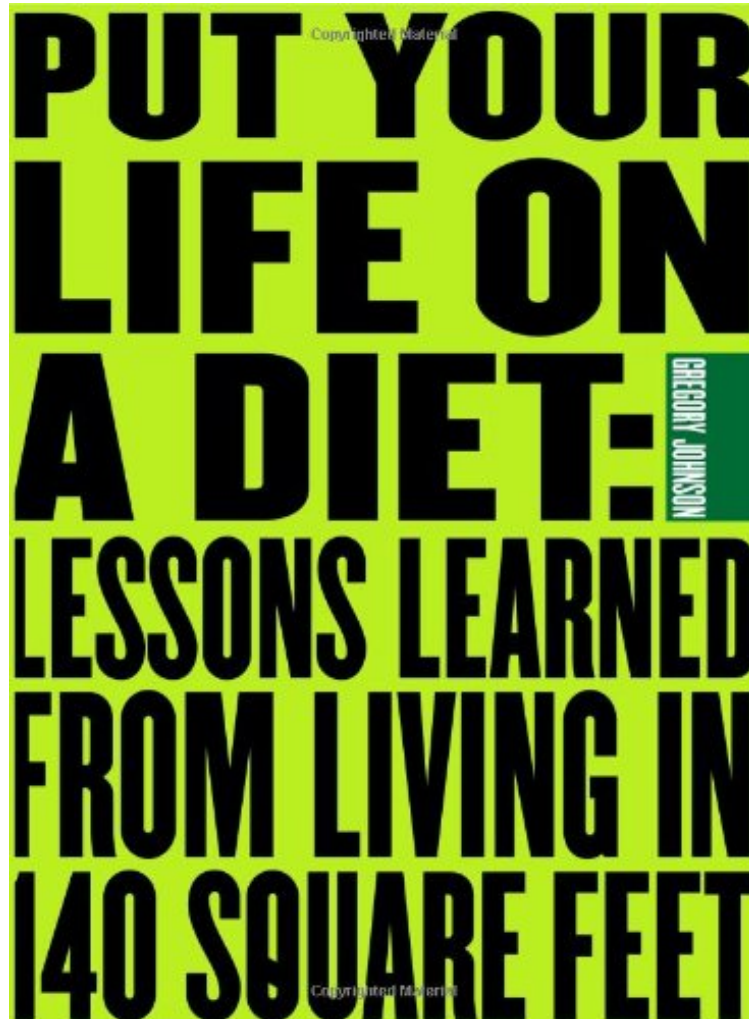


(Library ebook) Put Your Life On a Diet: Lessons Learned from Living in 140 Square Feet

# Put Your Life On a Diet: Lessons Learned from Living in 140 Square Feet

Gregory Paul Johnson

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**Gregory Paul Johnson : Put Your Life On a Diet: Lessons Learned from Living in 140 Square Feet** before purchasing it in order to gage whether or not it would be worth my time, and all praised Put Your Life On a Diet: Lessons Learned from Living in 140 Square Feet:

0 of 0 people found the following review helpful. Smaller May be Better for YouBy student"Put Your Life on a Diet" should be read by the young and the young-at-heart so they learn they have choices. The young need to know they don't have to begin their professional life saddled with a large mortgage and the young-at-heart need to know they don't have to be saddled with a large house to maintain and the taxes that go with it."Put Your Life on a Diet" gives options that I didn't even think about. If the high cost of a house is keeping you paying rent rather than from investing

in your own house you need to read this book and consider the lessons the author learned from living in 140 square feet.0 of 0 people found the following review helpful. The book met my expectations. I already had purchases ...By Rose K.The book met my expectations. I already had purchases the house plans and the book just topped it off. I still have a lot of questions that were not covered in the book and I have begun to scale down. Looking forward to putting in practice many of the suggestions.0 of 0 people found the following review helpful. informativeBy CustomerI found this book to contain some "out of the box" ideas. It has no pictures. It was okay but not one of the best books on learning to live in small spaces, that I'd read recently.

Put Your Life on a Diet: Lessons Learned Living in 140 Square Feet is the ultimate resource for living a simpler life as well as leaving behind a smaller environmental footprint and living a healthier life for you and the planet. In this book author Gregory Paul Johnson guides us in five significant areas-housing, food, technology, utilities, and transportation-teaching us how to create a simpler life, reducing stress in our own lives and harm to the environment. Due to the pressures and complexity of life today, the search for simplicity is being sought after like never before. Put Your Life on a Diet: Lessons Learned Living in 140 Square Feet offers the tools to escape the "cookie-cutter" existence so many are living today and find peace in a simpler lifestyle. Author Bio: Gregory Paul Johnson is the founder and Director of Resources for Life, an outreach and public interest organization based in Iowa City, Iowa. His study of Urban and Regional Planning with the Higher Education Consortium for Urban Affairs (HECUA) included travel to several South American countries including Panama, Colombia, Ecuador, and Peru. Today, as a technology consultant, Gregory works for the University of Iowa as well as clients served by his consulting firm, the Technology Services Resource Group.

About the AuthorGregory Paul Johnson is the founder and Director of Resources for Life, an outreach and public interest organization based in Iowa City, Iowa.