

## THE LUXURY OF ENOUGH

In her beautiful book, [The Simple Home](#), Sarah Nettleton introduces a way of thinking that really resonates with all of us at Simplicity. Her concept is that not only is enough, enough, but just enough is an incredible luxury.

Contentment arises when we feel gratitude for what we have, not angst for what we don't. Happiness comes from the simple pleasures of home and hearth, not from acquiring even more things and riches.

Simplicity seems illusive, but it doesn't have to be if you're ready:

- To understand that needs and wants are not the same.
- To embrace not only "enough is enough" but the true "luxury of enough".
- To accept that each path is different and there is no right or wrong way.

It would be nice if we could buy our way to the simple home or assemble it from catalogs and websites. But truly simplifying ones existence requires more than professional organizers and storage bins (but they can surely help).

Really simplifying requires a good deal of introspection and honesty. The questions are pointed and the answers might not come easily. For example:

- Which of your material possessions are essential and which are extraneous?
- How does your family really want to live?
- In your home, which spaces work and which ones don't?

Only after you've pondered questions like these, and embraced the need for change will you know if you need outside help. What form that help might take, depends. The old saw, "If you're a hammer, everything looks like a nail" doesn't hold true for us at Simplicity. We're always happy to discuss your needs and will be honest if we think your concerns are ones better addressed others. We're happy to make suggestions from our extensive list of preferred vendors if we think they can help. And, we're eager to work collaboratively with these vendors to help you reach your goals.

But:

- If you're really ready to cull mountains of unused and unwanted possessions...
- If you want your "keepers" to be stored for convenience and accessibility...
- If you want a template for how to tweak and maintain organizational systems on your own...

Simplicity is your answer.

Consider these possible paths from The Simple House.

1. Simple is Enough.

What do you really need and what should be eliminated?

2. Simple is Flexible.

How can rooms/zones be organized to multitask?

3. Simple is Thrifty.

Where can organizational efficiencies (financial, ecological, time) be achieved?

4. Simple is Sustainable.

What basic concepts and readily available supplies can you employ?

5. Simple is the Absence of Complexity.

Where will minimizing your material possessions equate to minimizing stress, upkeep and hassle?

As the pathway metaphor implies, organization is a process, not a single event. Disorganization, chaos and confusion didn't happen overnight and won't be solved overnight either. A concerted effort of good decision-making, emotional engagement, time commitment and physical effort, leavened with help from the organizers at Simplicity, is a great way to start.

All of us at Simplicity wish for you the "luxury of enough".