

# SUBTRACT

## The Path to Minimalism

I believe **minimalism** is a powerful approach to everyday life. It's about subtracting the unnecessary—whether it's excessive phone use, TV, Internet, or social media. Even in your diet, removing processed junk and sugar can lead to a more fulfilling and healthier lifestyle.

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## Photography Made Simple

**Strip it down to the basics.** By removing color from your frames and embracing **black and white photography**, you simplify your art. Black and white photography is easier to read, focusing on light, shadow, and form.

*Simplicity is the path forward.*

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## Just Remove It

Look in your closet. How many clothes lie there unused? It's time to subtract.

**Donate them to family or a thrift store.**

As for shoes, I've been going barefoot for over a year now. I can't imagine going back. The simplicity and comfort speak for themselves.

*"Remove any clothes or items from your life that you don't need."*

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Minimalism isn't about having less—it's about making room for what truly matters.