Trying to do it all, be it all and have it all is exhausting, but it has become normal to expect this from our lives. All too often people push themselves until they burn out, only to find that the things they struggled for were never that important.

Less Is More shows you how to find more time and energy to enjoy the things that really do matter. By making small changes in the way you live, you can simplify your life, reduce your stress and improve your health and happiness.

From the best-selling author of The Happiness Code comes a collection of inspirational quotes and ideas to help you transform your life into one you really want to be living.
Less is more…
except when it comes to love,
and then more is more is more.

For Sophia and Tobias
'Enjoy the little things, for one day you may look back and realise they were the big things.'

Robert Brault
Trying to do it all, be it all and have it all is exhausting. All too often people find themselves asking, ‘What was it all for?’ The sad conclusion for so many is that the things they pushed themselves to do and have were rarely that important and never led to the happy and fulfilling life they longed for.

About ten years ago, something fundamentally shifted in the way I viewed my life. I began my evolution from someone who loved to hit the shops every Saturday and needed three wardrobes to fit all her clothes to someone who still loves beautiful things, but doesn’t need many of them to keep her satisfied.
It all started when I ended my career in banking, where massive paycheques and endless spending are a way of life, and moved back to Australia to begin my married life and start my own business.

My husband and I had only been in Sydney for a couple of days when we found our dream apartment. It was in a gorgeous Art Deco building with sweeping views of the city, Harbour Bridge and Opera House. I fell in love with it immediately and (lucky for me, given my newly married status) so did my husband. The only catch was that this apartment was tiny. Although the views gave it a sense of vastness, the rooms were minuscule and there was no storage to speak of. Undeterred, we knew we had to have it, so off to the auction we went, and a couple of nerve-racking hours later the dream home was ours.

Not long after we moved in, our 40 or so packing boxes arrived from England and it became very obvious, very quickly, that a massive clutter-clearing was in order. Once we finally had our home organised, I could see I needed to think much more carefully about what I bought: did I really need it, and where was I going to put it?

This new way of life took a bit of getting used to but my transformation was complete when I read an article about French women and their approach to their wardrobes. The French have long had a reputation for being advocates of less is more, whether in their stylish appearance, the restrained elegance of their homes or the small portions of indulgences on their plates.

This article began by talking about the 80–20 rule or Pareto principle*, and how most of us wear 20 per cent of our clothing 80 per cent of the time, whereas a French

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* Named after the Italian economist Vilfredo Pareto, the Pareto principle states that for many events, roughly 80 per cent of the effects come from 20 per cent of the causes.
woman aims to only own that 20 per cent. This isn’t about austerity: she may only own one scarf, but it’s probably an Hermès one; one handbag but it’s in the most buttery-soft leather; one pair of black trousers, but with the perfect cut and most flattering fit.

I loved the simplicity of this approach and set about streamlining my life even further, applying this philosophy not only to my wardrobe but to my whole way of living. ‘Is this essential?’ ‘Is it the best it can be?’ and ‘Does it really matter?’ have become questions I continually ask about everything I think or do.

I’ve been living this way for years now and have long given up trying to do it all, be it all or have it all.

If there is one thing I know for certain, when it comes to being happy, less is definitely more.

If you would like to apply this philosophy to your life, visit domoniquebertolucci.com and download the Less is More Manifesto, as well as a series of free guides and checklists to help you simplify your life.
Live your life

‘Your time is limited so don’t waste it by trying to live someone else’s life.’

Steve Jobs

When faced with a choice or decision in life, ask yourself, ‘What will make me happiest?’

While there will always be more you can do or achieve, being happy with who you are and the life you live is the only real goal to strive for.
Learn to stop

'Take care of your body.
It's the only place you have to live.'

Jim Rohn

When you feel the urge to overindulge, be that with food, alcohol or simply overdoing the good times, stop and remind yourself that the pleasure will be short-lived but the payback will last much longer.

The key to a long and healthy life is knowing when to stop ... and then doing it.
Narrow your focus

‘Start wherever you are and start small!’

Rita Bailey

If you have a big goal or something substantial you want to achieve, don’t let the size of your task overwhelm you. Break it down into small, achievable chunks, then give all your attention and energy to the single task before you.
Spring clean your style

‘Simplicity is the keynote of all true elegance.’

Coco Chanel

If your wardrobe is overflowing but you never have anything to wear, it’s time for a spring clean. Sell, donate or give away everything that doesn’t fit you or flatter you. Be ruthless. If you’re not sure if it suits you, it probably doesn’t.

Maintain a wardrobe of a few high-quality items that make you look and feel amazing. You’ll save time in the morning and you won’t mind wearing the same thing regularly when you are guaranteed to look and feel good.
‘You don’t need endless time and perfect conditions. Do it now. Do it today. Do it for twenty minutes and watch your heart start beating.’

Barbara Sher

Get started today

Don’t let feeling unfit put you off getting started on a health and fitness regime. Instead of setting yourself a big goal that is way out of reach and then giving up at the first hurdle, make the commitment to do something, anything, that moves your body every single day.

If you keep active, your fitness will steadily increase and before long those bigger goals won’t feel so far off.
About the Author

Domonique Bertolucci is the bestselling author of *The Happiness Code: Ten keys to being the best you can be*, and the closely guarded secret behind some of the country’s most successful people.

Passionate about living your life on your own terms, Domonique has a client list that reads like a who’s who of CEOs and corporate figures, award-winning entrepreneurs and celebrities, and her workshops and online courses are attended by people from all walks of life, from all around the world.

Since writing her first book, *Your Best Life*, in 2006, Domonique has become Australia’s most popular life coach. More than ten million people have seen, read or heard her advice.

Domonique divides her time between Sydney and London. She lives with her husband and young family, and in her spare time can be found with her nose in a book, watching a movie, or keeping up the great Italian tradition of feeding the people that you love.
Other books by Domonique:

The Happiness Code: Ten keys to being the best you can be

Love Your Life: 100 ways to start living the life you deserve

100 Days Happier: Daily inspiration for life-long happiness

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