

**EVERYTHING THAT REMAINS: A MEMOIR  
BY THE MINIMALISTS BY JOSHUA FIELDS  
MILLBURN, RYAN NICODEMUS**



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# EVERY THING THAT REMAI NS

A MEMOIR BY  
**THE MINIMALISTS**



"Like Henry David Thoreau, but with Wi-Fi." —*Boston Globe*  
"Living a better life...with less stuff." —*National Post*

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## Review

Praise for The Minimalists "Like Henry David Thoreau, but with Wi-Fi." --Boston Globe "Paring down, branching out." --Chicago Tribune "A better life, by having fewer possessions." --Seattle Times "Perhaps it's a good time to sit back and look at how we can all live with less." --USA Today "The path to a richer, if less cluttered, life." --Globe & Mail "Living a better life...with less stuff." --National Post "Helping us end our obsession with stuff." --LA Weekly

## About the Author

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# **EVERYTHING THAT REMAINS: A MEMOIR BY THE MINIMALISTS BY JOSHUA FIELDS MILLBURN, RYAN NICODEMUS PDF**

What if everything you ever wanted isn't what you actually want? Twenty-something, suit-clad, and upwardly mobile, Joshua Fields Millburn thought he had everything anyone could ever want. Until he didn't anymore. Blindsided by the loss of his mother and his marriage in the same month, Millburn started questioning every aspect of the life he had built for himself. Then, he accidentally discovered a lifestyle known as minimalism...and everything started to change. That was four years ago. Since, Millburn, now 32, has embraced simplicity. In the pursuit of looking for something more substantial than compulsory consumption and the broken American Dream, he jettisoned most of his material possessions, paid off loads of crippling debt, and walked away from his six-figure career. So, when everything was gone, what was left? Not a how-to book but a why-to book, Everything That Remains is the touching, surprising story of what happened when one young man decided to let go of everything and begin living more deliberately. Heartrending, uplifting, and deeply personal, this engrossing memoir is peppered with insightful (and often hilarious) interruptions by Ryan Nicodemus, Millburn's best friend of twenty years.

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## Most helpful customer reviews

70 of 76 people found the following review helpful.

A Journey to Abundance

By Michelle

Everything That Remains is an eye opening experience into Joshua Fields Millburns journey into minimalism. JFM shares the raw details from the initial contamination of materialism in his early years to the full spread of the disease of materialism during the height of his corporate career. After JFM encounters two major life events, he reevaluates his quality of life and seeks to find fulfillment with living with less: less money, less things, less stress. JFM's minimalism movement spreads like a wild fire to his best friend and both ignite a blog to share their enlightenment and documentation of their journey. These guys on fire with passion spreading their ideas to millions around the world.

I have to admit, midway through reading Everything That Remains, I stopped to clean out my kitchen, closets, and bedroom to remove all the junk in my home that was holding me back, physically and emotionally. The detachment of these objects felt liberating and offered a tiny glimpse into the world JFM and Ryan live every day.

I love how the book leaves room for the reader to extract their own interpretation to apply to their life.

216 of 245 people found the following review helpful.

Author's writing style chokes out his message

By Hannah Caroline

After reading some of the high ratings here, I bought "Everything That Remains" and enthusiastically awaited its arrival. What a disappointment it turned out to be. Perhaps I can spare someone else the same kind of letdown.

The book (toward the end) does contain some valuable ideas on reducing consumerism during the Christmas season. Getting to that point, however, requires enduring a long, wordy story about the author's dysfunctional childhood, followed by his corporate success. He then shares that he downsized his life, but there are far more pages of mere rambling than there are of interesting dialog about his simplicity journey. I can't recall how many times I thought, "Oh, please, get to the point!"

By the way, the co-author, whose life we learn just a little about, is the better writer of the two. But virtually everything he says (except for the helpful holiday ideas) is relegated to the end of the book, in tiny font. So the reader must employ two bookmarks and flip to the end of the book a total of 108 times, where the second author's input is added as endnotes. Not a comfortable or convenient format.

The worst part, however, is Mr. Millburn's writing. He's clearly an intelligent and witty guy, but his ego is overpowering. He has an admirable ability to speak his truth. If he would only express himself from that place of openness and honesty, rather than trying to impress his audience. Trying to impress is never impressive. His continual barrage of ridiculously enormous words and odd metaphors makes the reading of this book tedious. He must have spent a heap of time poring over a thesaurus. He's also a bit loose with crude and foul language. He could stand to incorporate some of the minimalism he lives into his writing style. Cleaner. Tidier. Less excess. And the beginning of page 127 to almost the bottom of page 129 is one continuous run-on sentence. One sentence literally takes up nearly three full pages of this book. No joke. What's most disturbing about that? This man teaches (pricey) on-line WRITING courses. Yikes!

I give him two stars. Yes, he did progress from the corporate world to the path of minimalism, and for that I applaud him. He deserves accolades, also, for his healthy, compassionate diet. Beyond that...? If this book really calls to you, then by all means, check it out. From the minimalism books I've read, however, this is

one I'd be least likely to recommend.

64 of 72 people found the following review helpful.

Does not disappoint

By Tahlia Meredith

I'll admit, I'm already a huge fan of *The Minimalists*. I approached this new book with caution though, wary that it might just be going over already-familiar ground.

Thankfully, I was wrong. This beautifully written memoir offers insight into the lives of Joshua and Ryan that we haven't been privvy to before. Joshua takes the reins, describing his growing dissatisfaction with his corporate life and the painful life events that forced him to examine his worldview. As he delves deeper into a minimalist lifestyle Ryan, his best friend, frequently appears both in the narrative and with his often cheeky interruptions. Peppared with wisdom, readers following this journey will feel empowered to make real change in their lives. Yes, it's scary. But yes, it can be done.

This is a book for fans and new readers alike.

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