



Give It Up!: My Year of Learning to Live Better with Less

Mary Carlomagno

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“Refreshing, inspiring, and honest....One book I’m not going to be ‘giving up’ anytime soon.”
—Nicole Williams, author of *Earn What You’re Worth*

Give It Up! is author Mary Carlomagno’s inspiring chronicle of her 365 days spent learning to live better with less—when she decided to give up one modern convenience (eg: elevators) or indulgence (eg: alcohol) every month for a year. A joyous celebration of voluntary simplicity, *Give It Up!* offers a solution and a liberating new outlook to shopaholics, jaded consumers, and spirituality seekers overwhelmed by the unnecessary clutter in their lives, in the most uplifting self-help guide to better living since Gretchen Rubin’s *The Happiness Project*.

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