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Goodbye, Things: The New Japanese Minimalism



Synopsis

The best-selling phenomenon from Japan that shows us a minimalist life is a happy life. Fumio Sasaki is not an enlightened minimalism expert or organizing guru like Marie Kondo—he's just a regular guy who was stressed out and constantly comparing himself to others, until one day he decided to change his life by saying goodbye to everything he didn't absolutely need. The effects were remarkable: Sasaki gained true freedom, new focus, and a real sense of gratitude for everything around him. In *Goodbye, Things* Sasaki modestly shares his personal minimalist experience, offering specific tips on the minimizing process and revealing how the new minimalist movement can not only transform your space but truly enrich your life. The benefits of a minimalist life can be realized by anyone, and Sasaki's humble vision of true happiness will open your eyes to minimalism's potential.

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Customer Reviews

Having consulted countless self-help books written by gurus who appear to have it all figured out, *Ōshō* “Goodbye, Things” was a breath of fresh air to me. Fumio Sasaki’s tone is quiet, contemplative, open-minded, and above all, humble. I easily identified with his description of how he used to be: constantly making myself miserable by comparing myself to others; berating myself for not keeping up with household chores; spending way too much time on internet research to buy something, only to never get much use out of that item. And if a self-proclaimed “regular guy” like him could go from being a depressed shop-a-holic living in a dark, messy apartment to waking up with the sun every morning feeling happy and grateful, I couldn’t see any reason not to give this minimalism thing a try myself. When I discovered the Japanese version of this book over a year ago, my husband and I had already downsized quite a bit after reading Marie Kondo’s “Life-Changing Magic of Tidying Up.” But reading *Ōshō* “Goodbye, Things” has had even more of a dramatic impact on our lives, mainly because it made us think fundamentally about how we use, and why we keep, certain things. Our priority went from “living in a nice apartment full of things we love” to “minimizing our footprint to maximize our time and freedom.” We used to talk about buying a condo someday; now the idea of taking out a mortgage or being tied down to a place does not sound appealing to us at all. We used to tell each other we should entertain guests more often; now we realize that was only because our friends like to host dinner parties, and we felt guilty for not reciprocating. We have accepted that the number of things we can realistically take care of are much, much smaller than we once thought. *Ōshō* “Goodbye, Things” also helped us let go of items that sparked joy but we weren’t actually using or taking good care of. I really resonated with Sasaki’s observation of the “Silent To-Do List”: the more objects we have in our surroundings, the more they contribute to our already overwhelmed sensory load, and the more time and energy they take up. My husband and I used to have three bookshelves full of our favorite books, but now we only keep a handful that we are actually reading. We also let go of our long-owned musical instruments, after we finally came to terms with the fact that playing them just was not our passion or priority anymore. As difficult as this was, now it feels as though a huge weight has been lifted off our shoulders. Overall, I found this book to be a very helpful and inspiring introduction to minimalism, and for my husband and me, it really did change our lives.

At first I wasn't sure about this book. "Great," I thought, "another single, male, Fight-Club-quoting, Steve-Jobs-idolizing minimalist is here to tell us how superior he is for reducing his life to a mattress and a MacBook." I wasn't far off in some ways, but before long the author's openness and lack of pretension had completely won me over. The first part of the book is practical advice, and though he includes references to minimalist friends with spouses, hobbies, and children, it's mostly oriented toward people like himself. (The advice is still pretty good). For me the best part of the book was the second half, where he talked at length about the changes minimalism had made in his inner life. I found myself nodding in along as he talked about silent to-do lists and the procrastination they cause, the joy of living in the present, and finding value in just being ordinary. Recommended to anyone who thinks of minimalism as chilly or self-centered, because this book will fill you with warmth. Not recommended to anyone who is just looking for the perfect manual. That's not what this is trying to be.

Does the world need another book on minimalism? Probably not, but I am glad that Fumio Sasaki wrote this one. It's as much a personal memoir as it is a book about adopting a minimalist lifestyle and it is this deeply personal reflection that elevates the book above the sea of others in the "decluttering" genre. His reflections will likely resonate with thoughtful readers and spur them on to simplify their own spaces and lives. The latter section of the book wanders away from the core theme and was the least compelling section for me. The rest is excellent. The book is also suitable for those who have already begun (or completed) their journey towards minimalism by giving them the opportunity to reflect on their own motivations and progress, and perhaps change course if necessary.

i liked the first half the later half was also good but more like a useful guide the start of the book is very personal and interesting. a good read, another excellent book that is incredible is "a different kind of luxury " by andy coutuer.

So many things I've read on minimalism focuses on decluttering your possessions. One level up from this are the most typical reasons to minimise and the typical benefits. Goodbye things goes one level higher by discussing how your whole lifestyle, thought process and perspective can change. I feel like this book puts into words the fundamental obstacles and urges people who are interested in minimalism have but are unable to articulate fully. Reading this book gave me such a sense of relief, like all my unarticulated yearnings to simplify and find happiness had somehow

tumbled out and were being reflected in every word written on the pages of this book. For every person looking to become a minimalist but can't quite find the motivation, I highly recommend this book.

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