

Life is a complicated affair. Too much to do; too little time. Too many demands; too few resources. Too much commotion and busy-ness; too little peace and quite. The answer? An answer: Choosing to reduce life to its essence and keep it simple (or at least simpler.) The fruits of this choice (and really it is hundreds of little choices rather than one big one) are substantial! If you yearn to experience how less can be more, let Keep-life-simple Therapy be your gentle guide to what is truly essential.

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