



The Not So Big Life: Making Room for What Really Matters

Sarah Susanka

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Have you ever found yourself asking, “How did my life get so out of control?” Or wondering if this bigger life you have created is actually a better life?

Most of us have lives that are as cluttered with unwanted obligations as our attics are cluttered with things. The bigger-is-better idea that triggered the explosion of McMansions has spilled over to give us McLives—leaving us with chaotic, overcommitted schedules and no time to do what we want to do.

In *The Not So Big Life*, architect Sarah Susanka expands her revolutionary philosophy on inhabiting space to show us how to better inhabit our lives. Through simple exercises and inspiring stories, Susanka reveals that all we need to do is make small shifts in our day—subtle movements that open our minds as if we were opening windows to let in fresh air. The result: We quickly discover that we have all the space and time we need for the things in our lives that really matter. These small changes can yield great rewards. In her elegant, clear style, Susanka convinces us that less is truly more—much more.

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