



The 100 Thing Challenge: How I Got Rid of Almost Everything, Remade My Life, and Regained My Soul

By Dave Bruno

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“Reading this will lead you to a better life.”

—Dean Nelson, author of *God Hides in Plain Sight* <?xml:namespace prefix = o ns = "urn:schemas-microsoft-com:office:office" />

In *The 100 Thing Challenge* Dave Bruno relates how he remade his life and regained his soul by getting rid of almost everything. But *The 100 Thing Challenge* is more than just the story of how one man started a movement to unhook himself from consumerism by winnowing his life's possessions down to 100 things in one year. It's also an inspiring, invigorating guide to how we all can begin to live simpler, more meaningful lives.

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Editorial Review

Review

"Living simply is only an ideal until someone like Bruno gets particular. The way he got particular should make everyone think--hard, which is a very good thing." (Mark Noll, Francis A. McAnaney Professor of History, University of Notre Dame)

"In a loving, wise, sometimes hilarious manner, Dave Bruno holds a mirror up to us and says to take a closer look at how we're living. Reading this will lead you to a better life." (Dean Nelson, Author of God Hides in Plain Sight and director of the journalism program at Point Loma Nazarene University)

"[Bruno's] musings about his slow and steady purge have developed a cult following online, inspiring others [toward] clutter-free living." (Time magazine)

From the Back Cover

An ordinary man's inspiring journey toward a simpler, more meaningful life.

In 2008, average American family man Dave Bruno decided to unhook himself from the intravenous drip of consumerism that fueled his life by winnowing all his personal possessions down to just 100 things. Little did he realize that he would be igniting a grassroots movement—soon after Dave embarked on his journey, media around the world took notice and others started to follow his lead.

A cause for pause, *The 100 Thing Challenge* is a response to the culture of materialism in America, one that has filled our lives with the constant and unsatisfactory desire for "more." Dave Bruno offers compelling anecdotes and practical advice to help readers live more meaningfully, simply by casting off the unnecessary "stuff" that clutters their lives. *The 100 Thing Challenge* is a golden opportunity to experience the positive changes that occur as you defiantly hop off the treadmill of consumerism.

About the Author

Dave Bruno is a successful entrepreneur who cofounded ChristianAudio and helped it become a leading publisher of audiobooks. He has an M.A. in Religion in American Life from Wheaton College. Dave is a native of San Diego, where he lives with his wife and three daughters. He loves every outdoor inch of California that he's ever hiked, biked, surfed, or seen. Dave's favorite of many household pets is his loyal mutt, Piper.

Users Review

From reader reviews:

David Ochoa:

Reading can called brain hangout, why? Because when you are reading a book specifically book entitled The

100 Thing Challenge: How I Got Rid of Almost Everything, Remade My Life, and Regained My Soul your brain will drift away through every dimension, wandering in each aspect that maybe unidentified for but surely might be your mind friends. Imaging every single word written in a reserve then become one application form conclusion and explanation which maybe you never get before. The The 100 Thing Challenge: How I Got Rid of Almost Everything, Remade My Life, and Regained My Soul giving you another experience more than blown away your brain but also giving you useful info for your better life in this era. So now let us teach you the relaxing pattern this is your body and mind are going to be pleased when you are finished reading through it, like winning an activity. Do you want to try this extraordinary investing spare time activity?

David Robinson:

This The 100 Thing Challenge: How I Got Rid of Almost Everything, Remade My Life, and Regained My Soul is great guide for you because the content which is full of information for you who have always deal with world and still have to make decision every minute. This kind of book reveal it data accurately using great plan word or we can declare no rambling sentences in it. So if you are read it hurriedly you can have whole details in it. Doesn't mean it only provides straight forward sentences but tricky core information with beautiful delivering sentences. Having The 100 Thing Challenge: How I Got Rid of Almost Everything, Remade My Life, and Regained My Soul in your hand like getting the world in your arm, info in it is not ridiculous 1. We can say that no book that offer you world with ten or fifteen tiny right but this book already do that. So , this can be good reading book. Hi Mr. and Mrs. occupied do you still doubt in which?

Linda Manning:

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Danna Bullock:

A lot of people said that they feel bored stiff when they reading a guide. They are directly felt the item when they get a half portions of the book. You can choose the actual book The 100 Thing Challenge: How I Got Rid of Almost Everything, Remade My Life, and Regained My Soul to make your reading is interesting. Your own personal skill of reading skill is developing when you similar to reading. Try to choose easy book to make you enjoy to read it and mingle the feeling about book and examining especially. It is to be first opinion for you to like to start a book and learn it. Beside that the publication The 100 Thing Challenge: How I Got Rid of Almost Everything, Remade My Life, and Regained My Soul can to be your friend when you're really feel alone and confuse with what must you're doing of the time.

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