

# Minimalism to remove stress caused by too much stuff

**Post by "Godfrey" of May 23, 2025 at 12:52 PM**

A few years ago, my wife and I read the Marie Kondo book before we did some purging. Our key takeaway was to ask the question "does this bring me joy?" of each item being considered. Which reminds me of [VS71](#): *Ask this question of every desire: what will happen to me if the object of desire is achieved, and what if not?*