VOLUME 1

Your life is not a project.

Most advice tells you how to manage more.
Antiwhelm asks why you're managing it
in the first place.

Thirty reminders to carry less,
make it easier, and go live your life.

ANTIWHELM - SAMPLE ONLY
NOT FOR PRINT OR RESALE

ANTIWHELM.

THE ART OF LIVING LIGHTER

ANTIWHELM

ANDREA DAILEY

PROPERTY OF ANTIWHELM | EXAMPLE ONLY | NOT FOR PRINT OR RESALE