



CELADON
BOOKS

LOVE PEOPLE, USE THINGS

BY JOSHUA FIELDS MILLBURN AND RYAN NICODEMUS

Discussion Questions

LOVE PEOPLE USE THINGS

Because the **Opposite** Never Works

THE MINIMALISTS

Joshua Fields Millburn &
Ryan Nicodemus

AS SEEN ON
THE NETFLIX
DOCUMENTARIES
**MINIMALISM & LESS
IS NOW**

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1. Which of the seven essential relationships do you struggle with the most and why?
2. What were your conceptions of minimalism before reading this book? After reading the book?
3. How did you define *love* before reading this book? How about now?
4. When it comes to your material possessions, what are you afraid to let go of? Why? In what ways will shedding your excess stuff make room for a more meaningful and enjoyable life?
5. In what ways has hiding the truth caused you suffering or hurt your relationships? In what ways will telling the truth going forward help you grow?
6. When have you felt like your best, most alive self? When have you felt dead inside? What factors contributed to these feelings?
7. What is your Object A? Why do you want it? How is it possible to live in accordance with your values if you never acquire that object of your desire?
8. What financial stresses do you currently experience? What life changes will you make to improve your spending habits and your relationship with money?
9. How are distractions getting in the way of creating something meaningful? Name at least three distractions you'd like to eliminate.
10. Thinking about all your current relationships, how many of them would you reselect to be a new relationship in your life today, and why? How many of them would you avoid?

“The Minimalists show you how to disconnect from our conditioned material state and reconnect to our true essence: love people and use things. This is not a book about how to live with less, but about how to live more deeply and more fully.”

—JAY SHETTY,
New York Times
bestselling author
of **THINK LIKE A
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