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# 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

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#### Eileen Lopez:

What do you about book? It is not important to you? Or just adding material when you need something to

explain what the one you have problem? How about your spare time? Or are you busy particular person? If you don't have spare time to accomplish others business, it is give you a sense of feeling bored faster. And you have spare time? What did you do? All people has many questions above. The doctor has to answer that question simply because just their can do in which. It said that about reserve. Book is familiar in each person. Yes, it is appropriate. Because start from on kindergarten until university need this particular The 100 Thing Challenge: How I Got Rid of Almost Everything, Remade My Life, and Regained My Soul to read.

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Exactly why? Because this The 100 Thing Challenge: How I Got Rid of Almost Everything, Remade My Life, and Regained My Soul is an unordinary book that the inside of the e-book waiting for you to snap the idea but latter it will distress you with the secret the idea inside. Reading this book adjacent to it was fantastic author who all write the book in such awesome way makes the content on the inside easier to understand, entertaining method but still convey the meaning fully. So , it is good for you for not hesitating having this any more or you going to regret it. This amazing book will give you a lot of positive aspects than the other book get such as help improving your skill and your critical thinking method. So , still want to hesitate having that book? If I were being you I will go to the book store hurriedly.

#### **Vickie Gilbert:**

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