

# Folks ditching their possessions for tiny houses

By Yvonne Gonzalez, Las Vegas Sun

American homes are growing ever bigger, but a separate mindset is causing some to leave their possessions behind and embrace much smaller digs.

Minimalism is a movement away from excess and toward keeping only vital, important items.

Experts such as psychotherapist Linda Esposito write that this can help people achieve greater happiness and less stress by removing distractions, giving people the space and resources to focus on necessities and experiences.

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