



# The Yankee Way to Simplify Your Life: Old-Fashioned Wisdom For A New-fangled World

*Yankee Magazine, Jay Heinrichs*

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Thanksgiving is about more than a two-day vacation, about more than the food, football games and colorful parades that over-saturate us each year. At its core, it is a time for reflection, a pause in our busy schedule to see the way things could be if only we had the time to relax. In **The Yankee Way to Simplify Your Life**, Jay Heinrichs and the editors of *Yankee magazine* show us precisely how we can begin to pare down our lives and practice a little old-fashioned Yankee ingenuity to manage our time and lead a simpler, more productive life.

The early New Englanders knew how and when to be satisfied. Rarely feeling sorry for themselves, they had a clear sense of place and how they fit into it. As Heinrichs, notes, we can benefit from their sensible attitudes, practicing a little "Yankeefication," which we can accomplish without actually moving to rural New England.

In **The Yankee Way to Simplify Your Life**, Heinrichs offers a variety of practical and unusual ways to begin practicing Yankee ingenuity. He shows us how we can:

- convert desires into goals and transform negative experiences into the seeds of personal success (much like Daniel Webster, whose childhood rickets made his forehead protrude, giving him a prominent brow that many found godlike later in his life).
- improve our weaknesses and develop strengths systematically (much like Benjamin Franklin, who decided elaborate charts would lead to moral perfection; of the thirteen virtues he charted, he only failed with "Chastity," though he ended "a better and a happier man" than he would have otherwise).

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