

News

[Carrboro](#) | [Chapel Hill](#) | [Hillsborough](#)

Local writer offers 1,500 tips for 'Simpler Living'

BY JOHN SHARPE

CHAPEL HILL - Jeff Davidson has written 56 books on business or personal accomplishment. His latest, "Simpler Living," his most comprehensive yet, addresses "all predictable areas to simplify" in modern life.

"Simpler Living" features more than 1,500 tips for no-cost or low-cost solutions to everyday challenges, from organizing every room of your home to automotive maintenance, finances and nutrition.

Davidson, a long-time Chapel Hill resident who recently moved to Raleigh, said the new 440-page book, "was never meant to be read cover-to-cover."

"Just go to the section where you find you're getting a little overwhelmed, and you'll find a couple of tips," he suggested.

The following are excerpts from a recent interview.

Q: What inspired the concept for your book?

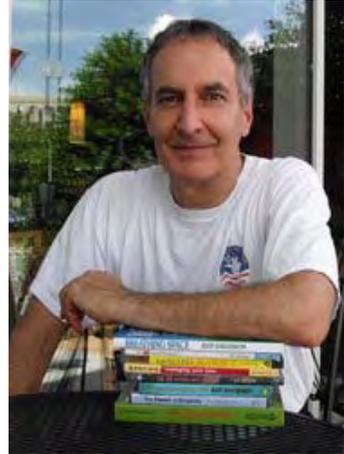
A: Years ago, Rodale Books took my proposal for a room-to-room analysis of how to simplify life, asked me to expand it to all predictable areas, and we came out with "The Joy of Simple Living" in 1998.

Last December a member of the audience at one of my speeches approached me at a convention and said that he was looking forward to my next book that he had seen announced on [Amazon.com](#).

I didn't know anything about it. So, I found the announcement of the forthcoming book by Skyhorse Publishing, and then found they had obtained the reprint rights from Rodale.

Most people did not have e-mail 12 years ago. There was no Facebook. Sources had moved on, and many things changed. More than 200 updates were required.

Fortunately, Skyhorse saw the wisdom of



Author Jeff Davidson

READ MORE

Jeff Davidson has been "steeped in the art of simplification" since 1988. For more information, visit his website at www.breathingspace.com/booklist.

updates. If they had published without the updates, it would have been a disaster.

All of a sudden, I went from not even knowing about it to finding out it would be the most sparkling, high-value book I've ever written, with 950-1,000 full-color photos.

Q: What are some of the general principles you draw upon?

A: There's probably a no-cost or low-cost way before you shell out big bucks. If you have big debt, by definition, that's complexity. Remaining debt-free is an act of simplicity.

Q: Did you have a specific audience in mind for your book?

A: I envision a 35-to-52 year-old woman with a couple of kids who works outside the home.

Q: Having written 56 books, and given presentations to hundreds of major corporate clients, please tell about those experiences.

A: As a result of writing books, you get called for speaking engagements. It has been very rewarding. I have spoken in 46 states and six countries. Even if it's IBM, AOL, or the IRS, there are common denominators for everyone in the audience.

All my books are by mainstream publishers, and all have been in bookstores or catalogs.

I never learned to type. I have a pocket dictator and use a transcriptionist to type my work.

Q: Please tell about your business in Raleigh, the Breathing Space Institute.

A: Founded in Chapel Hill in 1995, it is a Web-based business where people can find information on platform issues for being able to live and work at a comfortable pace in this sped-up world.

Q: There are scores of self-help books. What sets yours apart from the rest?

A: Never before have I had the opportunity to unleash something so comprehensive. You don't need another one. The principles will stay with you for the rest of your life.