
Candidate Research Problem Statement #3

The Examination of Minimalism through a Cognitive Lens

I am studying minimalism and its cognitive influences and ramifications, **because I want to find out how and why** leading a minimalist lifestyle can allow the practicing individual to cultivate and leverage mindfulness to improve health, wellness, and happiness **in order to help my reader better understand** the many facets of minimalism and its applications in the general practice of mindfulness, its benefits in reducing stress and cognitive load, and its impact on life fulfillment.