Complete the text using the correct linkers of reason and result

Living with less

We all need possessions. They make our lives happier and more comfortable. Or do they? Well, not always. Sometimes having too many things can be stressful. Possessions can take up a lot of space and if they are expensive, we might worry about security. _____, more and more people are choosing a 'minimalist lifestyle', without many possessions. Each week we post a minimalist's story on this site. Read Rachel's story ...

Rachel's story

'Two years ago our flat was full of stuff. My husband and I couldn't find anything. We couldn't close the cupboards or drawers. It was awful. _____ we went minimalist: we sold or gave away the things which we hardly ever used. _____, our book collection went from 300 down to six, we gave away kitchen equipment, clothes (including my wedding dress) and I even sold on eBay the Olympic torch that I ran with in the 2010 Winter Olympics Torch Relay.

Getting rid of stuff was hard. It took time, effort and difficult decisions. But I realized quickly that I can easily live without things. And it's good to know our stuff is now with people who need it. Our home's easy to clean. Everything's easy to find. Choosing clothes in the morning is _____easy as my wardrobe is the size of a suitcase.

Modern digital technology has helped. We gave away our CDs and now keep our music on the computer. Our photos fit into three albums. We keep the rest online. I've changed my shopping habits too. Now, when I buy something I ask myself, "Do I need this?" _____, I've saved lots of money.

Some friends think our new lifestyle's wonderful. Others worry _____ they think our life isn't enjoyable any more. But we have more time now for important things like family and travelling. _____, we're happier than before. I still have nice things, but just one of everything. I love my possessions more, _____ there aren't too many of them. But most importantly, I use everything I have.'