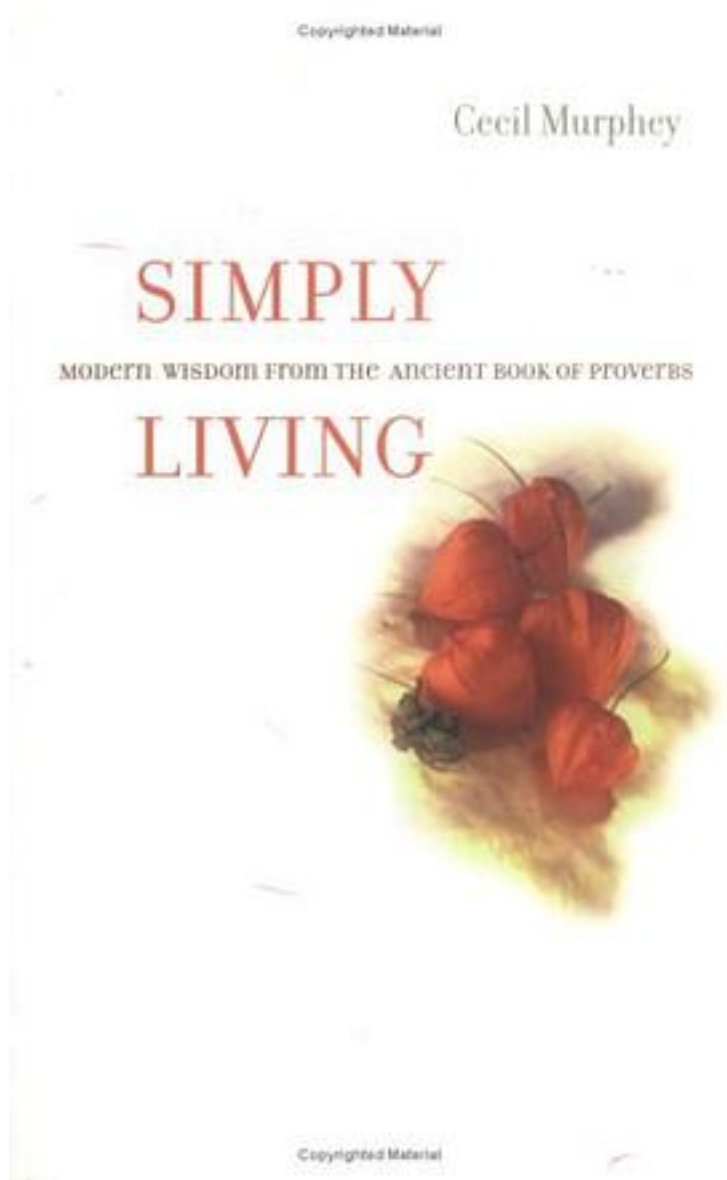


Simply Living



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著者:Jones, Shirley 编

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We all carry within us the ancient, tribal identity of indigenous people - people native to their lands. As technology continues to dominate and complicate modern life, many are striving to reclaim that tribal connection by living more simply. Editor Shirley Ann Jones adds a historical contribution to this field with *Simply Living*, gathering lore from ethnic groups on every continent to find possibilities for downsizing daily life. This collection speaks about native wisdom based in villages and tribes, wisdom deriving from an awareness of basic human needs. Often funny and eccentric, the quotes offered here concentrate on essential truths, healing rituals, and practical strategies for living in harmony with nature, community, and self.

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