

Less is More



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Our obsessive pursuit of wealth is not working -- people are afraid and anxious; we are destroying the planet, undermining happiness, and clinging to an unsustainable economy. But there is another way. Less can be More. Throughout history wise people

have argued that we need to live more simply - that only by limiting outer wealth can we have inner wealth. This is a compelling collection of essays by people who have been writing about Simplicity for decades -- including Bill McKibben, Duane Elgin, Juliet Schor, Ernest Callenbach, John de Graaf, and more. They bring us a new vision of Less: less stuff, less work, less stress, less debt. A life with Less becomes a life of More: more time, more satisfaction, more balance, more security. When we have too much, we savour nothing. When we choose less, we regain our life and can think and feel deeply. Ultimately, a life of less connects us with one true source of happiness: being part of a caring community. The book shows how to turn individual change into a movement that leads to policy changes in government and corporate behaviour, work hours, the wealth gap and sustainability. It will appeal to those who want to take back their lives, their planet and their well-being.

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