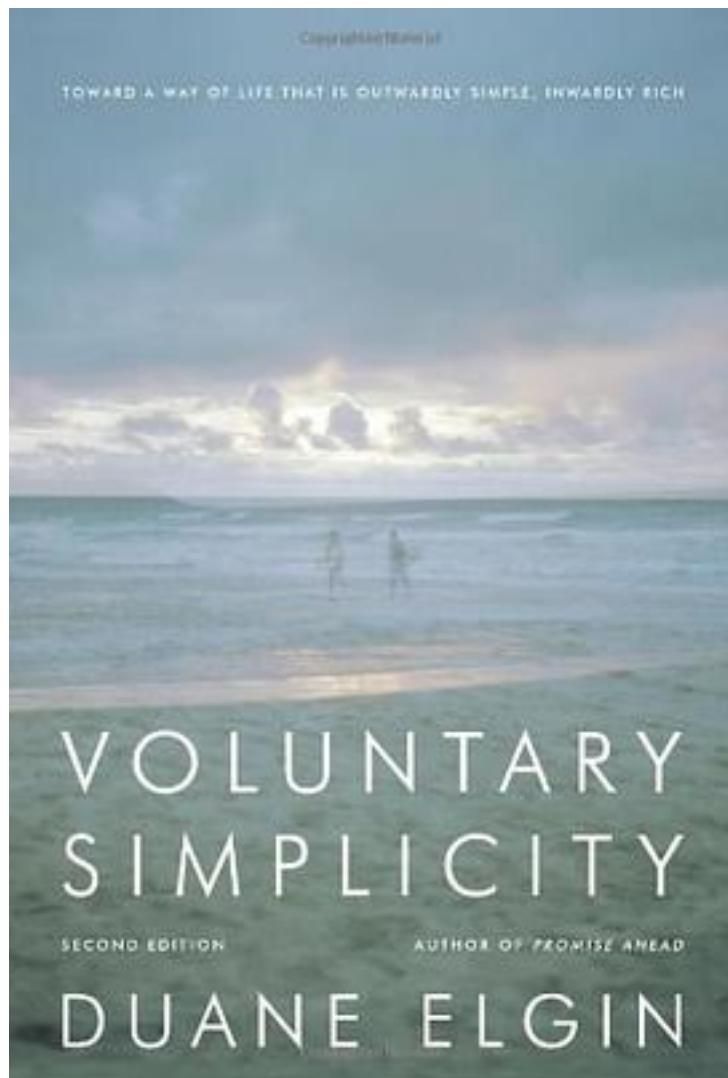


# Voluntary Simplicity



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著者:Duane Elgin

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First published in 1981, VOLUNTARY SIMPLICITY was quickly recognized as a powerful and visionary work in the emerging dialogue over sustainable living. Now-more than twenty years later and with many of the planet's environmental stresses more urgent than ever-Duane Elgin has once again revised and updated his revolutionary book. VOLUNTARY SIMPLICITY is not a book about living in poverty; it is a book about living with balance. Elgin illuminates the changes that an increasing number of Americans are making in their everyday lives-adjustments in day-to-day living that are an active, positive response to the complex dilemmas of our time. By embracing the tenets of voluntary simplicity-frugal consumption, ecological awareness, and personal growth-people can change their lives and, in the process, save our planet.

作者介绍:

杜安. 艾爾金 (Duane Elgin), 畢業於美國賓州大學華頓商業管理學院，獲MBA學位，長期研究地球環境及人類未來前途之發展議題。他是一位作家、演說家、研究人員、媒體工作者，曾任美國史丹佛大學社會科學高級研究員。

其重要論述有：《喚醒地球》 (Awakening Earth) 等，並與神話學大師喬瑟夫. 坎伯等人合著《改變中的人類形象》 (Changing Image of Man) 。

目录: Edgar Mitchell, Foreword to 2010 edition

Ram Dass, Foreword to 1981 edition

Duane Elgin, Introduction to new edition.

Chapter One: Cool Lifestyle for a Hot Planet

Chapter Two: Pioneers of Green Living

Chapter Three: Living Voluntarily

Chapter Four: Living Simply

Chapter Five: The World at the Tipping Point

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书评

看过之后，对简朴生活的理解丰富了一些。“自求”一词，包含着人的主体性与自发性，把“简朴”与“自求”连在一起，就更丰富了。

书中还展示了一个宏观的文明演进脉络，从人类的不同文明时期，到当今的全球性困境与挑战，再到人类未来的发展，而最终又落回到个体生活的选择...

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