



Less is More: Embracing Simplicity for a Healthy Planet, a Caring Economy and Lasting Happiness

Cecile Andrews , Wanda Urbanska

[Download now](#)

[Read Online ➔](#)

Less is More: Embracing Simplicity for a Healthy Planet, a Caring Economy and Lasting Happiness

Cecile Andrews , Wanda Urbanska

Less is More: Embracing Simplicity for a Healthy Planet, a Caring Economy and Lasting Happiness
Cecile Andrews , Wanda Urbanska

"it is a series of hard-hitting essays by a diverse collection of writers that wraps its arms around everything from simplicity to climate change to economic metrics to happiness. I approached each chapter (each new writer) with skepticism and a willingness to put the book down, and I found my self delighted time after time. This is a book anyone would be glad to have on their shlf." - Lyle Estill

"Here is a book with its roots in the earth that can move you to new places, stimulate ideas and encourage change. Less is More will show you how to divest gradually, to live more in the present moment, while still paying attention to technology, health, politics and the environment. Simplicity is not a turning away. It is a rejoining." Barbara Bamberger Scott

"The anthology's true strength comes in the diversity of its voices - which include not only journalists and activists, but also businesspeople and ministers. Less is More will serve as an informative and inspiring primer." - Ryan Williams, ForeWord Magazine

"Andrews and Urbanska are masterful in their prose and their ability to bring together an eclectic array of writers, thinkers and sustainability advocates who live in ways that echo what they write about." John Ivanka

"No good idea stays local for long," writes Jay Walljaspr in Less is More, a smart collection of essays that chant the simplicity mantra without oversimplifying the issues at stake. Many of these ideas seem bound to travel far." - Utne Reader

"I am both educated and inspired by the writings in Less is More. Living simply, like finding the heart, is the work of a lifetime. It is not easy to get there, but it provides a life of ease once the goal is reached. This book is a wonderful contribution to reorienting our lives away from the alienating influences of our shame-inducing consumer culture back toward what is really important: the choice to care for ourselves, others and the planet in a simple, loving way." - Glenn Berger, PhD, glennbergerblog

People are afraid and anxious. We're destroying the planet, undermining happiness, and clinging to an unsustainable economy. Our obsessive pursuit of wealth isn't working.

But there's 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. *Less is More* is a compelling collection of essays by people who have been writing about simplicity for decades. 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, and more security.

When we have too much, we savor 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. *Less is More* shows how to turn individual change into a movement that leads to policy changes in government and corporate behavior, 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.

Cecile Andrews is the author of *Circle of Simplicity* and *Slow is Beautiful* and cofounder of Phinney EcoVillage. She has her doctorate in education from Stanford.

Wanda Urbanska is producer and host of *Simple Living with Wanda Urbanska*. She is author or co-author of numerous books, including *Simple Living* and *Nothing's Too Small to Make a Difference*.

Less is More: Embracing Simplicity for a Healthy Planet, a Caring Economy and Lasting Happiness Details

Date : Published September 1st 2009 by New Society Publishers

ISBN : 9780865716506

Author : Cecile Andrews , Wanda Urbanska

Format : Paperback 288 pages

Genre : Nonfiction, Environment, Sustainability, Writing, Essays, Self Help



[Download Less is More: Embracing Simplicity for a Healthy Planet ...pdf](#)



[Read Online Less is More: Embracing Simplicity for a Healthy Plan ...pdf](#)

Download and Read Free Online Less is More: Embracing Simplicity for a Healthy Planet, a Caring Economy and Lasting Happiness Cecile Andrews , Wanda Urbanska

From Reader Review Less is More: Embracing Simplicity for a Healthy Planet, a Caring Economy and Lasting Happiness for online ebook

Artemisia Hunt says

A great collection of thoughtful and intelligent essays on the many important aspects of living a sustainable life. Many of these writers are members of the simplicity movement, but they all quickly debunk the idea that that movement is anything about eccentric lifestyles or an ascetic approach to life. These articles are holistic in the sense that they approach the problem from all its aspects: environmental, political, spiritual, social, economic and global. Still, far from being any kind of piecemeal or band-aid approach to the problems discussed, this book presents probably the deepest and most comprehensive look at the kinds of changes that are necessary to reverse the problems of global warming and environmental depletion that we are facing on our planet. This book is a very necessary and enlightening read focusing on real solutions and positive steps to create the deep changes that we can no longer deny are needed.

Kristi says

A great variety of short essays from a broad number of people involved in the slow/simplicity movement. Thought provoking and challenging. It's comforting to see many of the thoughts and ideas that have been bumping around in my head lately appear in writing. An excellent read for our current economic, environmental and social state. Just a couple sample questions from the book that felt particularly timely to me. "When is enough enough?" "What's the economy for, anyway?"

Genevieve says

Pretty disappointing, or at least not what I was looking for. Very smug liberal (and I say this is a RAGING liberal...), making assumptions about other people and their lifestyles, and giving very little useful info. The two stars are because there were a couple of the essays that had a few interesting points.

Laura says

This is a collection of essays from people who have been writing about Simplicity and Sustainability for a long time. Since this is an interest of mine, I didn't learn anything new but it was interesting to read about different approaches to achieving Simplicity and striving for a more Sustainable lifestyle.

Errica says

In recent years I have been moving towards a simpler way of living. Not only through materialistic means but also socially and professionally. Less is More, spoke to me and my changing habits, ideas and consciousness. The most important thing that I took away is determining my "enough". Letting myself be aware not of my conscious choices not to consume more than I need but realizing that I have exactly what I need. And creating enjoyment out of my experiences and moments with family, friends, etc. Each essay could have been written in response to my every day thought.

Archies says

It was a very bad choice of mine to read such kind of book. I know 3 kids in my apartment who can write similar. Thing which came to my mind was, this book has been published for the sake of selling like those self help books, grammar books, magazines etc. The basic idea is to fool everyone with the ideas which everyone knows.

I don't recommend anyone to read this one. Rather read something else. If any enthusiast still wants to know what it is, Just read the title of the book, that's it!

Beth says

Interesting collection of short essays from various writers about choosing simplicity. I was expecting more in the way of concrete ideas on ways to choose simplicity as an individual, and while there are some, many of the essays were more about different philosophical aspects of simplicity. One of my favorites was "Wabi-Sabi Time" by Robyn Griggs Lawrence (editor of Natural Home magazine) about the ancient Japanese art of finding beauty in imperfect things. A few pieces I skipped over, but overall an enjoyable read.

miteypen says

Each chapter of this book was an article by a different author (some authors wrote more than one). Most of the articles were reprints. Instead of providing a wide diversity of perspectives, it seemed to me that there was a lot of repetition. Unfortunately, this book wasn't as practical as it sounds and a lot of it was downright boring. It was basically a lot of treatises with very little personalization. The most interesting chapter was the one on Wabi-sabi. Next time I'll know to look for a book on that alone.

Eugene Kok says

On a larger scale.

Overall the books talks on simplicity in life actually breeds more efficiency. They talked on about resource limited countries such as Japan that the reason why they improved so much is because they improved on productivity and usage of their goods. Limiting wastage as possible.

On a minor scale:

Leading a simple life actually makes things easier to live your life, and you'll have less headache: is better to own as less as much possessions. Because with less possessions, you do not have to worry about maintenance, transportation, storage, breakage, lost and other mind throbbing matters with it. And not to mentioned time saved when you actually do not need to upkeep your possession.

Because end of the day, we would all would depart this earth, but who would take over would be our future generation: our kids and future grand kids, who would be the next wave of future habitats of earth.

So to encapsulate the points: you do not have to live life to fulfill the fashion/lifestyle facade, you could instead; live life to the fullest, by living life simple, because the best things in life can be free or affordable. And it's already out there.

Louise says

I think it's finally time to take this off the currently reading list and put it on the didn't-finish shelf. Although I liked some of the essays, by the end of the book it just got too preachy and samey. The part I enjoyed the most were the essays where people talked about why and how they lived sustainably. I couldn't really get interested in the essays about necessary policies or politics. Overall, this book was okay, but it might be more enjoyable to read the essays as one-offs.

Cindi says

Here is my first in what I hope will be a good stream of books about simplicity and minimizing. I've got to take this slow to give me time to think. And I've got to win over my family. On some things, I don't think it will be hard, but there will be challenges. I already gave away my full stack of Dr. Seuss books, something I didn't think I'd ever do. Life is going to change. We are going to have more of what we really want, more time traveling and doing things together and less, well THINGS.

Update: I checked this book out and then renewed it three times. I kept it in my van and pulled it out when I knew I'd have to wait for appointments etc. The book is set up so it works nicely this way as it is a set of essays.

This book is so peaceful. Reading it was almost like taking time to meditate.

Since less is more, rather than buying the book, I think I'll check it out again and hope for the luck I had last time to be able to keep it for so long. I'm going to read it again. I love the feeling it gives me.

Quirkyreader says

I would have liked to give this book five stars, but after a while the ideas in the essays became repetitive.

This book is a good starting point for someone who has never encountered the simple living movement.

Erika Nerdypants says

Collection of essays on Simplicity, which has been a buzz word for the last few decades, and a particular interest of mine. It didn't really provide any new information for me, but it was still a good read, if nothing else reinforcing the need to curb my over-consumption in order to leave behind a planet that's sustainable for future generations. I am aware that earth's lifespan is finite, but I want to do my part in not hastening its demise. I particularly liked the essay on "lagom", a Swedish word that has no literal translation to English, but closely means "just enough", not too much and not too little. I plan on asking myself more often, if what I'm doing, buying, taking is "lagom".

Deborah Martinez says

Not what I thought this book would be! It is set-up in the form of short essays and was pretty academic. It became too much for me so I didn't finish the book!

Kimberly says

p 101/102

"enough" sounds to most of our ears as if it had the word "barely" just in front of it. For some reason "enough" never sounds like... enough.

"lagom" is a swedish word that has no direct equivalent in English, meaning "Just the right amount" The only other language that has anything close is japanese, with a phrase meaning "I have exactly what I need"

p130

Ours is not the first generation to be morally blinded by building a lifetyle based upon energy from foreign shores. Slavery was the importation of cheap energy without regard to moral cost.

p9

Simple Living's four tenets - environmental stewardship, thoughtful consumption, community involvement and financial responsibility
