

## The Circle Of Simplicity Return To Good Life Cecile Andrews

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[Living Simply with Children](#) Crown House Publishing

Talking about money in a personal way remains more of a taboo than sex or politics. This seems odd within a Christian context, since Jesus addressed topics of money, poverty, and wealth more than any other concerns. For many, money becomes an idol; we see it in our own culture as we pursue economic growth no matter the cost to the overall well-being of God's creation. When that happens, "enough" is always more than we have right now, and scarcity becomes the lens through which we see the world. On a personal level, this book opens up issues of scarcity and abundance, idolatry and freedom; on a societal level, it invites exploration of greater equity and sustainability. On both levels, it empowers individuals and groups to apply their faith's values in practical ways while taking pastoral and prophetic stances. The author suggests we need to experience the nurturing companionship of a wise, compassionate pastor or spiritual guide in our relationship to money, while also needing to experience the power, strength, anger, and call to repentance of an Old Testament prophet. People want to connect their values with everyday concerns, while discovering ways to make a positive difference. This book helps them do both. Includes a comprehensive study guide within the book for groups and individuals. Contributors include: Henri Nouwen, Dave Barry, Walter Brueggemann, David Boyle, Lynne Twist, Lewis Hyde, William Stringfellow, John Haughey, Ched Myers, Bill McKibben, Sallie McFague, William Greider, Leonardo Boff, Jean-Bertrand Aristide, Victoria Tauli-Corpuz, Maria Harris, Rich Lang, Wayne Muller, Sharon Parks, Rodney Clapp, Ted Nace, Lester Brown, Pete Barnes, Andy Loving, Edgar Cahn, Sarah Tarver-Wahlquist, Susan Wilkes, Jim Klobuchar

[Calling the Circle](#) New Society Publishers

The original small-press edition of *Calling the Circle* has become one of the key resources for the rapidly-growing "circle" movement. This newly revised edition brings Christina Baldwin's groundbreaking work to an even broader audience ranging from women's spirituality groups to corporate development teams. 50,000 years ago, women and men gathered around campfires to decide the key issues in their lives. Today, groups everywhere are discovering a new form of this ancient ritual for communication, mutual support, teamwork, and social change. Now, in a book as consciousness-changing as Riane Eisler's *The Chalice and the Blade* or Peter Senge's *The Fifth Discipline*, Christina Baldwin offers this powerful new tool to everyone who longs for a community based on honesty, equality, and spiritual integrity. In this simple, profound practice, participants sit in a circle, pass a talking piece from person to person, and speak and listen from the heart. Christina Baldwin gives detailed instructions and suggestions for getting started, setting goals, and solving disagreements safely and respectfully. She also offers inspiring examples of circles in action: a women's spirituality group, a father and son in crisis, a PTA group that averts a school strike and a work project team that accesses a new level of creativity and caring.

[Paradox Of Natural Mothering](#) Berrett-Koehler Publishers

Reflecting a diversity of voices and critical perspectives, the essays in this book range from critiques of traditional thinking and practices to strategies for shifting public consciousness to create healthy communities.

[Money and Faith](#) Farrar, Straus and Giroux

If you think being stressed out is "just the way it is these days," then you need to *Get Smart!* This interactive book is packed with inspirational quotes, journaling assignments, and exercises designed to raise your self awareness. Topics include: modern day stressors, defining what stress is, a spiritual approach to dealing with stress, whole life wellness, and natural stress relievers, 141 ways to alleviate stress, 7 stages to balancing your life and much more. The only stress management book you will ever need!

[Living Room Revolution](#) Temple University Press

Single or married, working mothers are, if not the norm, no longer exceptional. These days, women who stay at home to raise their children seem to be making a radical lifestyle choice. Indeed, the women at the center of *The Paradox of Natural Mothering* have renounced consumerism and careerism in order to reclaim home and family. These natural mothers favor parenting practices that set them

apart from the mainstream: home birth, extended breast feeding, home schooling and natural health care. Regarding themselves as part of a movement, natural mothers believe they are changing society one child, one family at a time. Author Chris Bobel profiles some thirty natural mothers, probing into their choices and asking whether they are reforming or conforming to women's traditional role. Bobel's subjects say that they have chosen to follow their nature rather than social imperatives. Embracing such lifestyle alternatives as voluntary simplicity and attachment parenting, they place family above status and personal achievement. Bobel illuminates the paradoxes of natural mothering, the ways in which these women resist the trappings of upward mobility but acquiesce to a kind of biological determinism and conventional gender scripts.

*Get Smart! About Modern Stress Management* Macmillan  
Over-consumption is one of the key issues of our time, especially in the Western world. Over the past decade, in the face of historically unprecedented levels of consumer spending in the West - and the more recent impact of recession - a vigorous politics of anti-consumerism has emerged in a range of wealthy nations. This timely and original new book provides a comprehensive overview and analysis of what has come to be called the 'new politics of consumption'; a politics embodied in movements such as culture jamming, simple living, slow food and fair trade. The book offers an examination of anti-consumerism at a time when the idea of 'consumer excess' is being re-framed by a global economic downturn, and crucially explores what this means for the future of political debate. Drawing on interviews with activists across three continents, and offering a refreshingly accessible discussion of contemporary commentary and theory, Kim Humphrey sympathetically explores anti-consumerism as cultural interpretation, lifestyle change, and collective action. Whilst analysing the positive advances of the anti-consumerist movement, *Excess* also challenges contemporary critical thinking on consumption, taking issue with the return to theories of mass culture in contemporary anti-consumerist polemic. Alternatively, Humphrey begins to forge a politics of anti-consumerism that addresses the complexity of material acquisition and which avoids treating consumers as mere dupes in the logic of capitalism, viewing them instead as active participants in a culture which is capable of transformation.

*The Wellness Workbook*, 3rd ed New Society Publishers  
We're hammered, we're slammed, we're out of control. Happiness is on the decline in the most affluent country in the world, and Americans are troubled by the destructiveness of a lifestyle devoted to money and status. Yet no one seems to have a clue how to exit from the fast lane. *Slow is Beautiful* analyzes the subtle consumer and political and corporate forces stamping the joy from our existence and provides a vision of a more fulfilling life through the rediscovery of caring community, unhurried leisure, and life-affirming joie de vivre. The book discusses: • The frantic time poverty plaguing everyone—a poverty that is being challenged by the growing slow life movement whose message is reverberating around the world • The need to build a culture of connection with both people and the planet by challenging the consumer society and re-creating vibrant life in our local communities • The creation of a different experience of time where we live life in slower, more reflective ways, savoring our lives and recapturing exuberance and laughter Offering inspiration and concrete ideas, *Slow is Beautiful* will appeal to a broad audience of baby boomers nearing retirement, harried professionals with a social conscience, the one-time "middle class," and twenty- to thirty-somethings who are now facing the sobering realities of constricted choices.

[Food & Faith](#) Celestial Arts

A guilty liberal finally snaps, swears off plastic, goes organic, becomes a bicycle nut, turns off his power, and generally becomes a tree-hugging lunatic who tries to save the polar bears and the rest of the planet from environmental

calamity while dragging his baby daughter and Prada-wearing, Four Seasons-loving wife along for the ride. And that's just the beginning. Bill McKibben meets Bill Bryson in this seriously engaging look at one man's decision to put his money where his mouth is and go off the grid for one year—while still living in New York City—to see if it's possible to make no net impact on the environment. In other words, no trash, no toxins in the water, no elevators, no subway, no products in packaging, no air-conditioning, no television . . . What would it be like to try to live a no-impact lifestyle? Is it possible? Could it catch on? Is living this way more satisfying or less satisfying? Harder or easier? Is it worthwhile or senseless? Are we all doomed or can our culture reduce the barriers to sustainable living so it becomes as easy as falling off a log? These are the questions at the heart of this whole mad endeavor, via which Colin Beavan hopes to explain to the rest of us how we can realistically live a more "eco-effective" and by turns more content life in an age of inconvenient truths.

State University of New York Press

What does it mean to "downshift"? Why is it now imperative that millions of people begin moving towards a simpler, more sustainable lifestyle? If you, too, are to join this worldwide effort to create a different sort of world, when should you start? How should you set about it? Might you need to move house in order to live more sustainably, and if so, to where? And to whom can you turn for advice and guidance? This easy-to-read guidebook, by an author who undertook a similar journey, aims to answer all these questions and more. It will reassure you that while the downshifting process is not without its challenges, the rewards, in terms of life satisfaction, enjoyment and sense of fulfilment, can be huge. There are many books full of practical ideas for green living. But this one goes to the heart of the matter by looking at who you are, what your needs are and how to create your custom-made plan for a lifestyle perfectly adapted to the coming "Age of Sustainability".

[Coping](#) SAGE

An exploration of the voluntary simplicity movement including comments from simple livers and a look at class, race, and gender in this movement.

[Slow is Beautiful](#) Manchester University Press

A practical guide for those living with or dealing with life-challenging diseases. *Coping* features a wide range of techniques and exercises that have proved to have a healing influence. "An excellent source of information and wisdom" Bernie Siegel MD, author of *Love, Medicine & Miracles* and *Prescriptions for Living*

Jesus Circles Vintage

This book addresses the rising concept of 21st century societal marketing which entails that marketers should fulfill the needs of their target group in ways that enhance the well-being of a society as a whole. In the past, social responsibility and corporate ethics may not have been the key elements of corporate and business strategy. However, in the last decade the picture has changed dramatically. Consumers are more concerned about ethical issues and the effects of business activities on the environment and the society. The impact and importance of ethical consumerism is escalating. The consumers are more attentive and expect companies promote their ethical credentials in order to make them more accountable of their actions. This book also reveals how companies should realize that corporate social responsibility (CSR) is not an illustration of corporate altruism but a source of opportunity, and competitive advantage. Finding and following social initiatives as a part of the key business model is proved to be one of the competitive strengths in many instances. This book covers different issues related to ethics, social responsibility and sustainability in marketing and presents different cases and applications from different countries. Together with the best practices, each case and research is expected to shed light on how to improve the role of marketing in helping to the development and well-being of the society.

Power, Employment and Accumulation Bantam

For a growing number of people, simplicity has been a

path to experience the joy in life, to cherish its richness and vitality. It strips away the burdens of our daily lives so that we are left with exhilaration, spirit and fullness. These people are finding that less -- less work, less rushing, less debt -- is more -- more time with family and friends, more time with community, more time with nature, and more time to develop a meaningful and compelling spirituality. In *The Circle of Simplicity: Return to the Good Life*, author Cecile Andrews helps you discover and create the good life for yourself. She is renowned for her workshops on voluntary simplicity and her seminars on creating simplicity circles, where people explore their own life stories and share information and knowledge, helping one another develop lives of simplicity and satisfaction. The circles do not only give people the tools to change, but they also fill unmet needs for community and intimacy and the desire to search for truth in the company of kindred spirits.

#### Choosing Simplicity Earthscan

'Voluntary Simplicity' is a response to the consumer culture & an alternative to it, combining the freedom of modernity with certain comforts & virtues from the past. This volume brings together a number of thinkers who examine the what, why & how of voluntary simplicity.

#### Green Consumerism Routledge

This volume examines a rapidly emerging public health problem, compulsive buying disorder, characterized by an obsession with shopping and buying behavior that causes adverse consequences.

The editor defines the syndrome of compulsive consumption, examines the range and variations within it, discusses assessment and associated disorders, and delineates successful treatment modalities. It offers insights from a broad spectrum of therapies: psychopharmacology, psychodynamic therapy, cognitive-behavioral treatment, couples and group therapy, self-help, and financial counseling.

#### Indianapolis Monthly Springer

*Signs of Life in the USA* teaches students to read and write critically about popular culture by giving them a conceptual framework to do it: semiotics, a field of critical theory developed specifically for the interpretation of culture and its signs. Written by a prominent semiotician and an experienced writing instructor, the text's high-interest themes feature provocative and current reading selections that ask students to think analytically about America's impressive popular culture: How is TV's *Mad Men* a lightning rod for America's polarized political climate? Has the nature of personal identity changed in an era when we spend so much of our lives online? *Signs of Life* bridges the transition to college writing by providing students with academic language to talk about our common, everyday cultural experience. Read the preface. Order *Multimodal Readings for Signs of Life in the USA* packaged with *Signs of Life in the USA, Seventh Edition* using ISBN-13: 978-1-4576-1989-2.

#### Understanding Sustainable Development Harmony

##### The Circle of Simplicity Harper Collins

*Routledge Companion to Philosophy of Religion* NYU Press  
The *Routledge Companion to Philosophy of Religion, Second Edition* is an indispensable guide and reference source to the major themes, movements, debates and topics in philosophy of religion. Considerably expanded for the second edition, over seventy entries from a team of renowned international contributors are organized into nine clear parts: philosophical issues in world religions key figures in philosophy of religion religious diversity the theistic conception of God arguments for the existence of God arguments against the existence of God philosophical theology Christian theism recent topics in philosophy of religion. Covering key world religions including Hinduism, Buddhism and Islam, and key figures such as Augustine, Aquinas and Kierkegaard, the *Companion* explores the central topics in theism such as the ontological, cosmological and teleological arguments for God's existence. Three final parts consider Catholicism, Protestantism, Eastern orthodoxy and current debates including phenomenology, reformed epistemology, religious experience, and religion and science, making the *Companion* as a whole essential reading for students of philosophy or religion, and suitable for anyone coming to the subject for the first time. This second edition includes new chapters on Blaise Pascal, Baruch Spinoza, Interreligious Dialogue, Death and the Afterlife, Incorporeality, Religion and Global Ethics, New Religious Movements, Religion and the Environment, and Religion and Film.

##### Buying Time and Getting By Rowman & Littlefield

From the creator of the bestseller *Simpler Living*, *Compassionate Life: A Christian Perspective* comes *Food & Faith*. Food is itself a joyful gift -- recall how the gift of food so often mediates the sanctity and preciousness of life. This collection of reflections by Wendell Berry, Bill McKibben, Elizabeth Johnson, Alan Durning and others helps you start thinking about the moral, spiritual and economic implications of eating. Readings focus on the enjoyment and spirituality of good food, ways in which eating connects us to the land and to each other, and on the economic, environmental and cultural impacts of daily food choices. *Food & Faith* includes an eight-week study guide for groups or individuals, which leads to action: setting a table that is healthy, joyful and just.

##### The Circle of Simplicity Polity

This ground breaking work goes beyond the books that tell you how to simplify your life. This book reveals what has happened in the lives of real people who have done it. Based on the author's three-year study of over 200 people from 40 states and eight countries, *Choosing Simplicity* is a delightful and rich blend of real-life profiles and guidelines on simplicity. Interwoven throughout the stories are the author's insights and guidance for those who want to explore simplicity and those who have already embarked on this journey. The book also includes a 16-page Resource Guide with reviews of 42 books on simplicity, information on related web sites, organizations, simplicity study circles, workshops, newsletters and magazines.