

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

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**Environment and Society** Berrett-Koehler Publishers

If you think it's getting harder to both make a living and make a life, economist and former secretary of labor Robert Reich agrees with you. Americans may be earning more than ever before, but we're paying a steep price: we're working longer, seeing our families less, and our communities are fragmenting. With the clarity and insight that are his hallmarks, Reich delineates what success has come to mean in our time. He demonstrates that although we have more choices as consumers, and investors, the choices themselves are undermining the rest of our lives. It is getting harder for people to be confident of what they will be earning next year, or even next month. At the same time, our society is splitting into socially stratified enclaves--the wealthier walled off and gated, the poorer isolated and ignored. Although the trends he discusses are powerful, they are not irreversible, and Reich makes provocative suggestions for how we might create a more balanced society and more satisfying lives. Some of his ideas may surprise you; all should spark a healthy – and essential – national debate.

**The Future of Success** Chronicle Books

This collection of essays provides a range of critical tools for understanding the turn towards responsible or conscience consumption and, in the process, interrogates the notion that we can shop our way to a more ethical, sustainable future. Aust authors: Tania Lewis, La Trobe University, & Emily Potter, Deakin University, Melbourne.

### **Get Smart! About Modern Stress Management**

Earthscan

For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

**Indianapolis Monthly** John Hunt Publishing

For more than thirty years, John W. Travis, M.D., and Regina Sara Ryan have taught hundreds of thousands of people a practical whole-self approach to wellness and healthy living. Each chapter of the comprehensive WELLNESS WORKBOOK explores one of the twelve interconnected forms of energy that contribute to your overall health and vitality: Self-Responsibility and Love, Breathing, Sensing, Eating, Moving, Feeling, Thinking, Playing and Working, Communicating, Sex, Finding Meaning, Transcending. From how you breathe to how you view the world, these twelve areas affect all aspects of your life: your disposition toward injury and

illness, your relationships, your general level of happiness, and beyond. In an optimal state of wellness, all of your energies are in balance, and you are less prone to disease, stress, and other life-depleting factors. Using a self-assessment tool known as the Wellness Index, you'll develop a clear picture of what areas in your life need attention. Now in its third edition, the thoroughly updated and streamlined WELLNESS WORKBOOK provides hundreds of exercises and ideas to help you take control of your health and happiness. · A classic text in the wellness field, thoroughly revised and updated, and streamlined for a more simple and practical presentation. · Chapters cover self-responsibility and love, breathing, sensing, eating, moving, feeling, thinking, playing and working, communicating, sex, finding meaning, and transcending. · Previous editions have sold more than 200,000 copies.

### **Understanding Sustainable Development** iUniverse

A “witty yet hard-hitting” look at the symptoms, causes, and cures for America's addiction to buying more stuff (Library Journal). NEW EDITION, REVISED AND UPDATED. Affluenza, n. a painful, contagious, socially transmitted condition of overload, debt, anxiety, and waste resulting from the dogged pursuit of more. We tried to warn you! The 2008 economic collapse proved how resilient and dangerous affluenza can be. Now in its third edition, this book can safely be called prophetic in showing how problems ranging from loneliness, endless working hours, and family conflict to rising debt, environmental pollution, and rampant commercialism are all symptoms of this global plague. The new edition traces the role overconsumption played in the Great Recession, discusses new ways to measure social health and success (such as the Gross Domestic Happiness index), and offers policy recommendations to make our society more simplicity-friendly. The underlying message isn't to stop buying—it's to remember, always, that the best things in life aren't things. “It is not a book that shakes a finger in our faces and reprimands hardworking Americans for wanting a little more comfort, elegance, and enjoyment... it creates something of real value—a new way of accounting for true happiness in our lives.” —Scott Simon, Weekend Edition host, NPR “Affluenza is a sober indictment of the excesses and sheer waste in our increasingly consumer-oriented society. We would all be well served to read the book and pass it on to relatives, friends, and neighbors in the hopes of creating a great public

conversation around how to eradicate the affluenza pandemic.” —Jeremy Rifkin, author of *The Third Industrial Revolution*  
Choosing Simplicity Church Publishing, Inc.  
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.

#### No Impact Man 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.

#### Paradox Of Natural Mothering 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.

*Fullness No Matter What* Cambridge Scholars Publishing  
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.

#### Downshifting Made Easy Crown House Publishing

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.

#### I Shop, Therefore I Am The Circle of Simplicity

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

An Evocative Autoethnography of Living Alongside Myalgic Encephalomyelitis (ME) 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.

*The Wellness Workbook*, 3rd ed State University of New York Press

This book provides an interesting and refreshing collection of economic research conducted in the broadly heterodox tradition. A variety of topical issues are addressed, including labor market inequalities, welfare reform, interest rate policies, international trade, and global financial instability. What unites these diverse essays is their common perspective that social institutions and structures "matter" to the performance of economies, and hence should receive more attention from economists. Conventional economic thought focuses unduly on the functioning of so-called "free-markets." The persistent influence of social structures, institutions and practices - and the unequal extent to which differing social constituencies are able to exert power through those structures - often receives short shrift in this traditional research. However, this volume makes a significant contribution by helping to reverse this trend. The chapters, all written by top economists from around North America, address a range of topical issues, utilizing a rich variety of methodological techniques from empirical investigations to game theory and opinion surveys. Furthermore, the book, which is dedicated to the memory of David M. Gordon, has as its unifying theme the incorporation of structural analysis into economic science - an important goal for academics and students alike.

Food & Faith Jason Aronson

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

Reclaiming the Environmental Debate MIT Press

This textbook adopts a multi-perspective approach designed specifically to allow access to the topic from a wide range of educational and professional backgrounds and to develop understanding of a diversity of approaches and traditions at

different levels.

Slow is Beautiful Routledge

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.

Calling the Circle SAGE

Less stuff, less stress - more freedom, more joy. Our obsessive pursuit of wealth isn't working-people are afraid and anxious; we're destroying the planet, undermining happiness, and clinging to an unsustainable economy. 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 -including Jim Merkel, 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 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.

Living Room Revolution Celestial Arts

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.

Yoga Journal Unitarian Universalist Association of Congregations

*Environment and Society* connects the core themes of environmental studies to the urgent issues and debates of the twenty-first century. In an era marked by climate change, rapid urbanization, and resource scarcity, environmental studies has emerged as a crucial arena of study. Assembling canonical and contemporary texts, this volume presents a systematic survey of concepts and issues central to the environment in society, such as: social mobilization on behalf of environmental objectives; the relationships between human population, economic growth and stresses on the planet 's natural resources; debates about the relative effects of collective and

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individual action; and unequal distribution of the social costs of environmental degradation. Organized around key themes, with each section featuring questions for debate and suggestions for further reading, the book introduces students to the history of environmental studies, and demonstrates how the field 's interdisciplinary approach uniquely engages the essential issues of the present.

Living Simply with Children NYU Press

On its ten-year anniversary of publication, we are pleased to re-issue this popular title. Editor Michael Schut presents a rare collection of voices -- Henri Nouwen, Cecile Andrews, Richard Foster and others -- as they explore our use of money, the practice of simplicity, listening to our lives, widening our circle of community, and other topics at the core of how we live out our faith in our homes and workplaces. A study guide is included.