

Contents

Acknowledgments	xi
Preface	xiii
Part One: Simplicity Defined	
Introduction	3
<i>Cecile Andrews</i>	
Simple Living: Lessons from the World of Television	8
<i>Wanda Urbanska</i>	
Voluntary Simplicity: Cool Lifestyle for a Hot Planet	18
<i>Duane Elgin</i>	
Graceful Living.	27
<i>Jerome Segal</i>	
A Scientific Approach to Voluntary Simplicity	35
<i>Tim Kasser and Kirk Warren Brown</i>	
Finding Real Wealth: Twice the Value for Half the Resources	41
<i>Dave Wann</i>	
Religion and the Earth	47
<i>Rev. Canon Sally Bingham</i>	
The Circle of Simplicity	53
<i>Cecile Andrews</i>	
Like Corn in the Night: Reclaiming a Sense of Time	64
<i>Rebecca Kneale Gould</i>	

Simplicity, Simply Put	74
<i>Tom Turnipseed</i>	
Enroute to Eldertown: Where Fast Lanes Turn into Pastures and Meadows	79
<i>Theodore Roszak</i>	
Part Two: Solutions	
Introduction	89
<i>Cecile Andrews</i>	
Simplicity Isn't "Voluntary" Any More	92
<i>Ernest Callenbach</i>	
The Lagom Solution	101
<i>Alan AtKisson</i>	
Creating a Life You Love	107
<i>Wanda Muszynski</i>	
Taking Back Family Life from Overscheduling	116
<i>William J. Doherty</i>	
Why I Farm	121
<i>Bryan Welch</i>	
Why People of Faith Must Care for the Planet	126
<i>Matthew Sleeth</i>	
Nearing Enough	133
<i>Linnea Johnson</i>	
Culture as a Guidepost for a Balanced Life	142
<i>Cathy O'Keefe</i>	
"...and All the Trees of the Field Will Clap Their Hands"	148
<i>Michael Schut</i>	
Decluttering	153
<i>Sarah Susanka</i>	
Wabi-Sabi Time	157
<i>Robyn Griggs Lawrence</i>	

Changing the World One Block at a Time	163
<i>Jay Walljasper</i>	
The Real Wealth of Neighborhoods	170
<i>Dave Wann</i>	
The Speed Trap	180
<i>Jay Walljasper</i>	
Creating the Educational Foundations for Change . . .	191
<i>John E. Wear, Jr.</i>	
 Part Three: Policies	
Introduction	203
<i>Cecile Andrews</i>	
A Mature Economy	205
<i>Bill McKibben</i>	
Why Isn't This Empire Sustainable	212
<i>Dave Wann</i>	
Radical Sustainability	220
<i>Jim Merkel</i>	
Downshifting to a Carbon-friendly Economy	228
<i>Juliet Schor</i>	
What's the Economy for, Anyway?	235
<i>John de Graaf</i>	
We Are Hard-wired to Care and Connect	242
<i>David Korten</i>	
 Afterword	
Time to Talk! Creating Simplicity	
Conversation Circles	251
<i>Cecile Andrews</i>	
Notes	259
Index	261
About the Editors	269