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Voluntary Simplicity: Toward a Way of Life That Is Outwardly Simple, Inwardly Rich

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.

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