



# The New Good Life: Living Better Than Ever in an Age of Less

*John Robbins*

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How do you define the good life? For many, success is measured not by health and happiness but by financial wealth. But such a worldview overlooks the important things in life: personal contentment, family time, spirituality, and the health of the planet and those living on it. A preoccupation with money and possessions is not only unhealthy, it can also drain the true joy from life.

In recent years, millions have watched their American Dreams go up in smoke. The international financial collapse, inflation, massive layoffs, and burgeoning consumer debt have left people in dire financial straits—including John Robbins, a crusader for planet-friendly food and lifestyle choices, who lost his entire savings in an investment scam. But Robbins soon realized that there was an upside to our collective financial downturn: Curtailed consumerism could lead us to reassess our lives and values.

**The New Good Life** provides a philosophical and prescriptive path from conspicuous consumption to conscious consumption. Where the old view of success was measured by cash, stocks, and various luxuries, the new view will be guided by financial restraint and a new awareness of what truly matters. A passionate manifesto on finding meaning beyond money and status, this book delivers a sound blueprint for living well on less. Discover how to

- create your own definition of success based on your deepest beliefs and life experience
- alleviate depression, lower blood pressure, and stay fit with inexpensive alternatives for high-cost medications
- develop a diet that promotes better health—and saves you money
- plan for—and protect yourself from—future economic catastrophes
- cut down on your housing and transportation costs
- live frugally without deprivation
- follow in the footsteps of real people who have effectively forged new financial identities

**The New Good Life** provides much-needed hope and comfort in a time of fear and uncertainty. Here is everything you need to develop high-joy, low-cost solutions to life's challenges. Practical and timely, this book equips you with the skills needed not only to survive but to thrive in these challenging times.

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