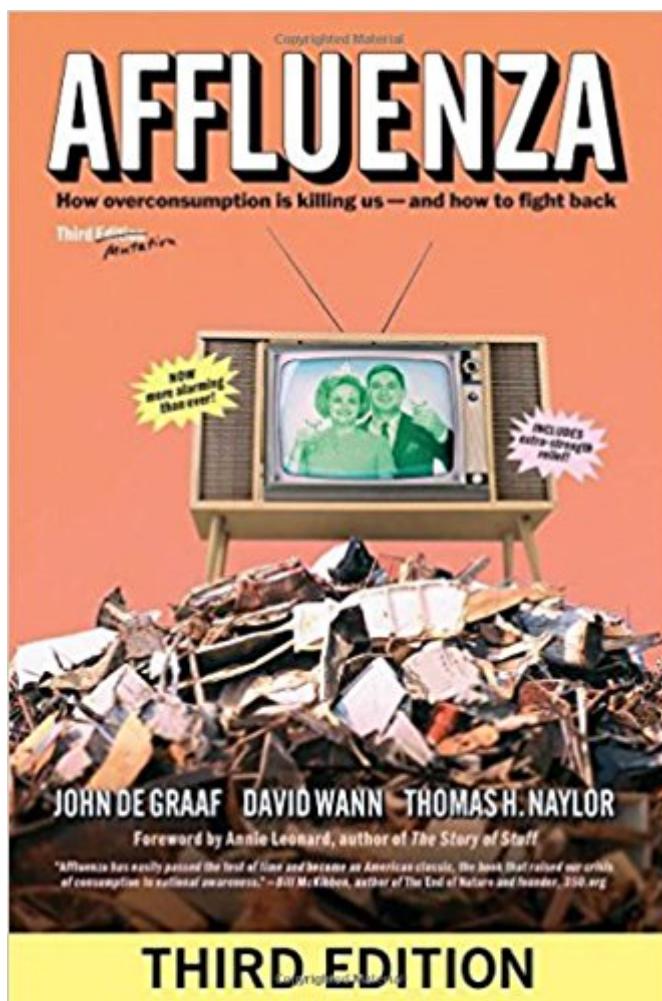


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# Affluenza: How Overconsumption Is Killing Us--and How To Fight Back



## Synopsis

NEW EDITION, REVISED AND UPDATEDAffluenza, 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.

## Book Information

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## Customer Reviews

“Affluenza has easily passed the test of time and become an American classic, the book that raised our crisis of consumption to national awareness.” Bill McKibben, author of The End of Nature and founder, 350.org “The authors have packed their book with stunning facts, searing insights—and they point out a path forward.” “Fast Company” “Clear, witty and heartfelt.” “Sojourners” “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,

National Public Radioâ€”“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* “This witty yet hard-hitting book provides evidence of the social problems caused by the American obsession with acquiring ‘stuff’ and proposes solutions for living more sustainably. Highly recommended.”•Library Journal “Now here is a good reason to go shopping! The wonderful book that made consumerism the issue it should be, *Affluenza*, is here in a third, fully updated edition. The story of the Joneses, of keeping up with the Joneses’ fame, is itself worth the very modest price you will have to pay to enjoy this classic, now new and improved.”•James Gustave Speth, author of *America the Possible* and former director, Yale University School of Forestry and Environmental Studies “If ever there was a right book at the right time, *Affluenza* is it. This country needs this book.”•Lester R. Brown, President, Earth Policy Institute, author of *Plan B 4.0* and *Full Planet, Empty Plates* “*Affluenza* makes us take a hard look at how the drive to excessive consumerism is personally, socially, and environmentally disastrous and then takes us on an exciting path to deeper happiness and satisfaction. It is a must-read for all who strive to create more healthy, just, and secure communities.”•Anthony D. Cortese, former Commissioner, Massachusetts Department of Environmental Protection, and founder, American College & University Presidents’ Climate Commitment “De Graaf, Wann, and Naylor have achieved something special with *Affluenza*. They take an unflinching look at the train wreck of America’s consumer culture and then extricate us from the wreckage by providing practical policies and achievable actions for building a healthier society. *Affluenza* is also a great read; it contains the hopeful ideas we need to reach a livable future.”•Rob Dietz, coauthor of *Enough Is Enough* “The programs offered at the end of the book work on many levels, from making personal choices to changing the rules of the game to reward all actions moving us toward a thriving, just, and sustainable future. So enjoy! This is a great book about a tough-to-face set of problems.”•Vicki Robin, coauthor of *Your Money or Your Life* and author of *Blessing the Hands That Feed Us* “*Affluenza* is an engagingly conversational, thought-provoking look at where we have perverted the American dream. Though the nature of books like these is to preach to the converted, *Affluenza* offers enough support to the arguments and enough depth to the solutions to have a good chance of reaching the unconvinced.”•Detroit Free Press “You’ll laugh. You’ll cry. You’ll cheer. You’ll growl. But you’ll be challenged and moved

by this book. *Affluenza* looks at our epidemic of overconsumption and shows how we can live simpler, more meaningful lives. It's a fantastic book—very funny yet deeply serious. •Peter Barnes, cofounder, Working Assets, now CREDO“*If you sometimes suspect that American life has become a nightmare but you dare not admit the truth to yourself or talk about it to others, take a peek inside *Affluenza*. The way to end a nightmare is to wake up, and this book is an alarm clock. We have created a world that dishonors all that is honorable, good, and meaningful. There is another possibility.*” •Paul Hawken, author of *The Ecology of Commerce* and *Natural Capitalism*“*One of the wittiest, most dynamic treatments of the linked problems of our frenetic lives and the destruction of the planet. If you want to feel exhilarated, like jumping up and down and cheering humanity on as we find ways to save the Earth and ourselves, read this book!*” •Cecile Andrews, author of *The Circle of Simplicity* and *Living Room Revolution*“*The material basis for the American way of life is not sustainable here and is not replicable elsewhere. Our feverish mindset is burning up the natural systems that support us. *Affluenza* provides a witty, informed road map out of this unfulfilling dead end and describes sustainable alternatives that are stimulating, healthy, diverse, and fun.*” •Denis Hayes, Chair, Earth Day Network“*Affluenza* lays out the symptoms, the causes, and (gratefully) the cure. With wit, intelligence, and pizzazz, this trio of authors has brought together a complete guide to the disease that most ails America. Proof of having read the book should be a requirement for opening a charge account, applying for a boat loan, or running a large corporation.” •Yes! Magazine

Previous editions of *Affluenza* described the early symptoms of the disease that led to a nearly fatal shutdown of all our financial systems in 2008. This new edition puts more focus on the behavior changes we need to make to be certain that the Great Recession does not become a prelude to something worse.

Sad but necessary information. Somewhat incomplete look at some issues, leaning a little left. I'm only 20% through it, maybe it will get more positive later.

clear ideas to wake us from oblivion. Time to reevaluate what is important in our lives. An easy read that should be a best seller

Very good book. Read it on recommendation from college age grandson.

scary, accurate, excellent - worth reading- so interesting to see how society has changed and all the sneaky ways values have been exchanged

Nice book. I changed english class from mornings and had to get different books for college. I saw this at my public library. Its a great read.

This book came in great shape! I use it every day. It's a great read and will really open your eyes up to the daily struggle of overconsumption.

Good

Affluenza:How Overconsumption is Killing Us and How to Fight Back explains just what the title suggests. There are self surveys to allow readers to see "how sick they are". It points out the consequences of letting affluenza go unchecked in our lives and our world. This is a must read for everyone.

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