



Less Is More: An Anthology of Ancient & Modern Voices Raised in Praise of Simplicity

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This timely anthology brings together thought-provoking maxims on the art of conscious living, inspired by the ancient tradition of the Golden Mean and the natural laws of economy and conservation. Less Is More draws us into the company of men and women from many eras and cultures whose writings explore the virtues of simplicity and moderation in living.

Confucious, Patañjali, Ovid, St. Matthew, Milarepa, Rumi, Eckhart, da Vinci, St. Teresa of Avila, Basho, Thoreau, Tagore, Suzuki, Illich, and many others share profound thoughts on our wants and needs, lifestyles and lifeworks. Here is a book to be savored in quiet moments when we reflect on our hectic pace of life; when we wonder if the race to riches is worth the struggle; or when we wonder if the earth can sustain our greed for many more generations.

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