



Affluenza: How Overconsumption Is Killing Us- and How to Fight Back

John de Graaf, David Wann, Thomas H. Naylor

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NEW EDITION, REVISED AND UPDATED

affluenza, 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.



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David Carter:

Reading can called imagination hangout, why? Because while you are reading a book especially book entitled *Affluenza: How Overconsumption Is Killing Us-and How to Fight Back* your mind will drift away trough every dimension, wandering in each and every aspect that maybe unidentified for but surely can be your mind friends. Imaging every word written in a book then become one form conclusion and explanation that maybe you never get ahead of. The *Affluenza: How Overconsumption Is Killing Us-and How to Fight Back* giving you an additional experience more than blown away your head but also giving you useful data for your better life in this era. So now let us demonstrate the relaxing pattern at this point is your body and mind will likely be pleased when you are finished looking at it, like winning a game. Do you want to try this extraordinary paying spare time activity?

Diane Dockins:

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