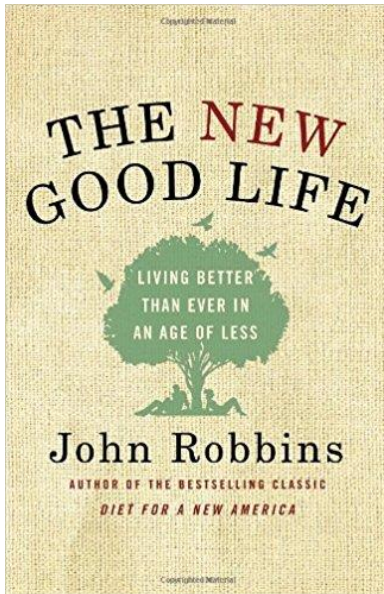


“The New Good Life: Living Better Than Ever in an Age of Less”

By John Robbins



I thoroughly enjoyed reading [this book](#). Robbins was born into the Baskin Robbins family but rejected the fame and fortune for a life dedicated to kindness, healthy living and the natural world.

Robbins often quoted notable UU Henry David Thoreau as his source of inspiration for conscious consumption, “a man is rich in proportion to the number of things he can do without.”

Robbins details a road map for anyone interested in thinking beyond money and the accumulation of stuff toward a simpler, richer life. What type of spender are you? How much does it cost you to have your job? Have you created a household budget? This book answers those questions and more.

Recipes for cleaning products, healthy and unhealthy food comparisons and ideas on how to calculate the progress of a country besides the GDP make this book a great read for anyone anxious about the economy and their own personal commitment to living a good life. I found myself identifying with Robbins’ feelings of happiness as his inventory of belongings shrunk. Mine did too. For me and for Robbins, Thoreau set the table when he said, “I make myself rich by making my wants few.”

John Robbins’ philosophy, “May all be fed, may all be healed, may all be loved.”

Reviewed by Rachel Bennett Steury, UUJEC Administrator