



The Good Life: How to Create a Sustainable and Fulfilling Lifestyle

Sherry L. Ackerman

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For many people, consumer culture has lost its appeal. So have debt accumulation, time poverty, exteriority, and social alienation. *The Good Life* traces one woman's journey toward a deeply fulfilling lifestyle-and points toward a way of life that values freedom, interdependence, caring, community, and our connectedness with nature. *The Good Life* offers a guide to finding personal freedom through a sustainable lifestyle. It invites readers to view the recent global market downturn as an opportunity to transform our dead consumer culture into a living post-consumer society. The book is packed with information on emerging alternatives, such as co-housing, slow money, vegetarian and raw foods, permaculture and organic gardening, voluntary simplicity, green building, and more.

The Good Life is a **Guide to Finding Personal Freedom** and a **Blueprint for a Sustainable and Fulfilling Lifestyle**. Each chapter ends with a very practical "Dozen Things That *You* Can Do" to create a more sustainable and fulfilling lifestyle.

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