



I'm not robot



I am not robot!

Professionally spiraled and resold by a third party. "Subversive in the best possible way." —Bill McKibben, New York Times —bestselling author Inspiring stories of people who left urban Japan to live 'the simple life' in the rural mountains—for anyone interested in sustainable living, Japanese counterculture, and Eastern spirituality "Subversive in the best possible way." —Bill McKibben, New York Times —bestselling author The Abundance of Less captures the texture of In a world increasingly driven by materialism and relentless pursuit of economic growth, "The Abundance of Less" by Andy Couturier offers a profound, counterintuitive exploration of a more fulfilling way of life Inspiring stories of people who left urban Japan to live 'the simple life' in the rural mountains—for anyone interested in sustainable living, Japanese counterculture, and Eastern "Employing stories rather than statistics to illuminate the rewards of a life that embraces 'the abundance of less,' Andy Couturier writes with empathy and insight about Japanese people who integrate traditional elements of self-reliance into their daily lives The Abundance of Less captures the texture of sustainable lives well lived in these ten profiles of ordinary—yet exceptional—men and women who left behind mainstream existences in urban Japan to live surrounded by the luxuries of nature, art, friends, delicious food, and an abundance of time The Abundance of Less captures the texture of sustainable lives well lived in these ten profiles of ordinary—yet exceptional—men and women who left behind mainstream In a world increasingly driven by materialism and relentless pursuit of economic growth, "The Abundance of Less" by Andy Couturier offers a profound, counterintuitive Andy Couturier captures the texture of sustainable lives well lived in these ten profiles of ordinary—yet exceptional—men and women who left behind mainstream existences in The Abundance of Lessons in Simple Living from Rural Japan. This spiraled book is not necessarily affiliated with, endorsed by, The Abundance of Less captures the texture of sustainable lives well lived in these ten profiles of ordinary-yet exceptional-men and women who left behind mainstream A growing body of empirical evidence suggests the existence of a Paradox of Choice, whereby a larger choice set leads to a lower expected payoff to the isionmaker Intensive broiler production practices impair the transmission of commensal microbes from hens to offspring, resulting in a lower abundance of non-spore-forming strict anaerobic Inspiring stories of people who left urban Japan to live 'the simple life' in the rural mountains—for anyone interested in sustainable living, Japanese counterculture, and Eastern spirituality "Subversive in the best possible way." —Bill McKibben, New York Times —bestselling author The Abundance of Less captures the texture of sustainable lives Drawing on traditional Eastern spiritual wisdom and culture, these pioneers describe the profound personal transformations they underwent as they escaped the stress, consumerism, busyness, and dependence on technology of modern life The Abundance of Less, by Andy Couturier, profiles ten men and women who have left mainstream life in urban Japan to live surrounded by the luxuries of nature, art, friends, delicious food, and an abundance of time Inspiring stories of people who left urban Japan to live 'the simple life' in the rural mountains—for anyone interested in sustainable living, Japanese counterculture, and Eastern spirituality.