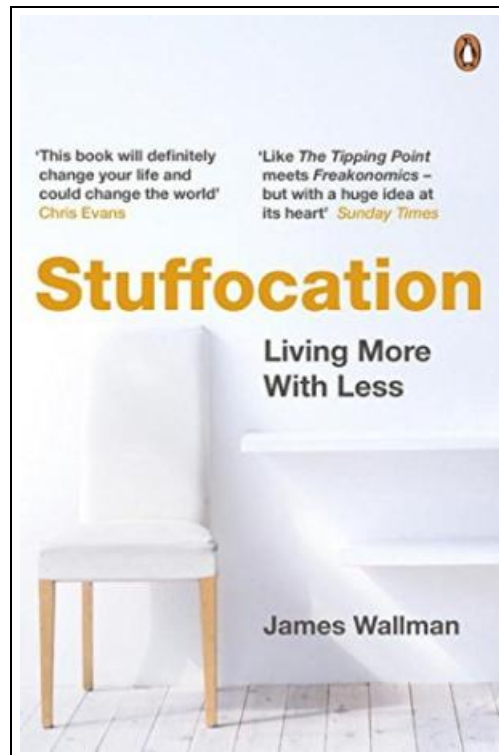


Stuffocation: Living More with Less



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STUFFOCATION: LIVING MORE WITH LESS



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Penguin Books Ltd, United Kingdom, 2015. Paperback. Book Condition: New. 196 x 128 mm. Language: English . Brand New Book. In this groundbreaking book, trend forecaster James Wallman reveals the world's growing sense of Stuffocation - and how we can move away from it? Like *The Tipping Point* meets *Freakonomics* - but with a huge idea at its heart. (Sunday Times). We have more stuff than we could ever need - clothes we don't wear, kit we don't use, and toys we don't play with. But having everything we thought we wanted isn't making us happier. It's bad for the planet. It's cluttering up our homes. It's making us feel stuffocated and stressed - and it might even be killing us. In this ground breaking book, trend forecaster James Wallman finds that a rising number of people are turning their backs on all-you-can-get consumption, from the telecoms exec who's sold almost everything he owns, to the well-off family who have moved into a remote mountain cabin. Wallman's solution to our clutter crisis is less extreme, but equally fundamental. We have to transform what we value. We have to focus less on possessions and more on experiences. Rather than a new watch or another pair of shoes, we should invest in shared experiences like holidays and time with friends. With intriguing insights on psychology, economics and culture, *Stuffocation* is a vital manifesto for change. It has inspired those who have read it to be happier and healthier, and to live more, with less. James Wallman is a journalist, trend forecaster, speaker, and author. He has written for *GQ*, the *New York Times*, the *FT*, and advised clients such as *Absolute*, *BMW*, *Burberry*, and *Nike*. James wrote the futurology column in *T3*...



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