

The Year Of Less

BM King

The Year of Less Cait Flanders, 2018-01-16 The Year of Less In her late twenties, Cait Flanders found herself stuck in the consumerism cycle that grips so many of us: earn more, buy more, want more, rinse, repeat. Even after she worked her way out of nearly \$30,000 of consumer debt, her old habits took hold again. When she realized that nothing she was doing or buying was making her happy—only keeping her from meeting her goals—she decided to set herself a challenge: she would not shop for an entire year. The Year of Less documents Cait's life for twelve months during which she bought only consumables: groceries, toiletries, gas for her car. Along the way, she challenged herself to consume less of many other things besides shopping. She decluttered her apartment and got rid of 70 percent of her belongings; learned how to fix things rather than throw them away; researched the zero waste movement; and completed a television ban. At every stage, she learned that the less she consumed, the more fulfilled she felt. The challenge became a lifeline when, in the course of the year, Cait found herself in situations that turned her life upside down. In the face of hardship, she realized why she had always turned to shopping, alcohol, and food—and what it had cost her. Unable to reach for any of her usual vices, she changed habits she'd spent years perfecting and discovered what truly mattered to her. Blending Cait's compelling story with inspiring insight and practical guidance, *The Year of Less* will leave you questioning what you're holding on to in your own life—and, quite possibly, lead you to find your own path of less.

Summary of Cait Flanders's The Year of Less Everest Media, 2022-07-28T22:59:00Z Please note: This is a companion version & not the original book. Sample Book Insights: #1 I have always been a neat freak. In 2014, I started losing things. The first item to go missing was my green tank top, which was the only green tank top I owned. I searched through the stacks of other tank tops and T-shirts, but couldn't find my green tank top. #2 The same way I used to think I should stop using my credit cards, or I should stop binging on junk food, or I should stop drinking so much, I would always tell myself that I would do it one day. #3 I was done with searching through all the things I didn't need to find the one thing I did. I wanted to add some black beans to a salad, but I couldn't find my can opener. I searched every drawer and cupboard in the kitchen, and even looked in the recycling bin, but it was nowhere to be found. #4 I had a uniform of sorts, which was different each year. In eighth grade, I was still going through my tomboy phase, and lived in basketball jerseys and tearaway pants. In ninth grade, I swapped the jerseys for hoodies and the tearaways for jeans. In tenth grade, I tried to dress a little

more girly.

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early interest in racial and economic
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part by her parents her father s
experience as a refugee from tsarist
russia helped form gordimer s political
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