



## Stuffocation: Why We've Had Enough of Stuff and Need Experience More Than Ever (Hardback)

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By James Wallman

Spiegel Grau, United States, 2015. Hardback. Book Condition: New. 226 x 157 mm. Language: English . Brand New Book. Stuffocation is a movement manifesto for experiential living, a call to arms to stop accumulating stuff and start accumulating experiences, and a road map for a new way forward with the potential to transform our lives. Reject materialism. Embrace experientialism. Live more with less. Stuffocation is one of the most pressing problems of the twenty-first century. We have more stuff than we could ever need, and it isn't making us happier. It's bad for the planet. It's cluttering up our homes. It's making us stressed--and it might even be killing us. A rising number of us are already turning our backs on all-you-can-get consumption. We are choosing access over ownership, and taking our business to companies like Zipcar, Spotify, and Netflix. Fed up with materialism, we are ready for a new way forward. Trend forecaster James Wallman traces our obsession with stuff back to the original Mad Men, who first created desire through advertising. He interviews anthropologists studying the clutter crisis, economists searching for new ways of measuring progress, and psychologists who link stuffocation to declining well-being....



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