

IN THE NEXT

30

MINUTES

- 29 people under 18 will attempt suicide.
- 57 people under 18 will run away from home.
- 14 girls under 18 will give birth to illegitimate babies.
- 22 girls under 18 will receive an abortion.
- 685 people under 18 will take some form of narcotics—all regular drug abusers.
- 188 people under 18 will experience a serious drinking problem.
- 285 people under 18 will become victims of broken homes.
- 228 people under 18 will be beaten, molested, or otherwise abused by their parents.

Ten Reasons for Choosing a Simpler Lifestyle

by Jorgens Lissner, a Lutheran theologian and social activist. Used with permission.

1. As an **act of faith** performed for the sake of personal integrity and as an expression of a personal commitment to a more equitable distribution of the world's resources.
2. As an **act of self-defense** against the mind-and body-polluting effects of over-consumption.
3. As an **act of withdrawal** from the achievement-neurosis of our high pressure, materialistic societies.
4. As an **act of solidarity** with the majority of humankind, which has no choice about lifestyle.
5. As an **act of sharing** with others what has been given to us, or of returning what was usurped by us through unjust social and economic structures.
6. As an **act of celebration** of the riches found in creativity, spirituality and community with others, rather than in mindless materialism.
7. As an **act of provocation** (ostentatious under-consumption) to arouse curiosity leading to dialogue with others about affluence, alienation, poverty, and social injustice.
8. As an **act of anticipation** of the era when the self-confidence and assertiveness of the underprivileged forces new power relationships and new patterns of resource allocation upon us.
9. As an **act of advocacy** of legislated changes in present patterns of production and consumption, in the direction of a new international economic order.
10. As an **exercise of purchasing power** to redirect production away from the satisfaction of artificially created wants toward the supplying of goods and services that meet genuine social needs.

People Become What They Do