

A Life Less Throwaway

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Synopsis

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Now more than ever, we live in a society where we covet new and shiny things. Not only has consumption risen dramatically over the last 60 years, but we are damaging the environment at the same time. That is why buying quality and why Tara Button's Buy Me Once brand has such popular appeal.

Tara Button has become a champion of a lifestyle called "mindful curation" a way of living in which we carefully choose each object in our lives, making sure we have the best, most classic, most pleasing and longest lasting kettles, desks, pots & pans, scissors, coats and dresses, instead of surrounding ourselves with throwaway stuff and appliances with built-in obsolescence. Tara advocates a life that celebrates what lasts, what is classic and what really suits a person.

There are 10 steps to master mindful curation and each is explained in this book, from understanding and using techniques to freeing yourself from external manipulations. Finding your purpose and priorities and identifying your core tastes and style. Learning how to let go of the superfluous and how to make wise choices going forwards.

Mindful curation is a lifestyle choice that will make you happier, healthier and more fulfilled spiritual as well as helping save the planet.

PLEASE NOTE: When you purchase this title, the accompanying PDF will be available in your Audible Library along with the audio.

Reader's comments

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