a different way: living simply in a complex world

JOIN THIS DISCUSSION COURSE

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ABOUT THIS DISCUSSION COURSE
The concept of “living simply so that others may simply live” has been around for hundreds of years. People choose to live simply for many reasons, and as our world changes, the motivations for and benefits of living a simple life also evolve.

Join us in A Different Way: Living Simply in a Complex World discussion group as we rethink our own journeys in life, creating pathways that allow for investing our time in the things that matter most to us, making choices that create less waste and more good, using (or not using) technology intentionally, and critically examining the messages that tell us what to believe, what to value, and who to be.

SESSION ONE
finding your ‘why’ living a life of happiness and meaning

SESSION TWO
times change: busyness, distraction, and mindfulness

SESSION THREE
lighten up!: consume less, create more

SESSION FOUR
technology: connection and disconnection

SESSION FIVE
media literacy: resisting materialistic values

SESSION SIX
moving forward

“I find that I think about things more — things I buy, things I eat, things I throw out. I see a much larger picture now, and I realize more than ever that I am a very important part of that picture.”

— ARCHITECT, PORTLAND, OREGON

ABOUT ECOCHALLENGE.ORG
Since 1993, Ecochallenge.org has provided ways for everyone to connect the dots between our actions, our impact, and our will to create significant environmental + social change. Together, we witness how our collective behavior connects with a better shared future.

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