

# Frugality

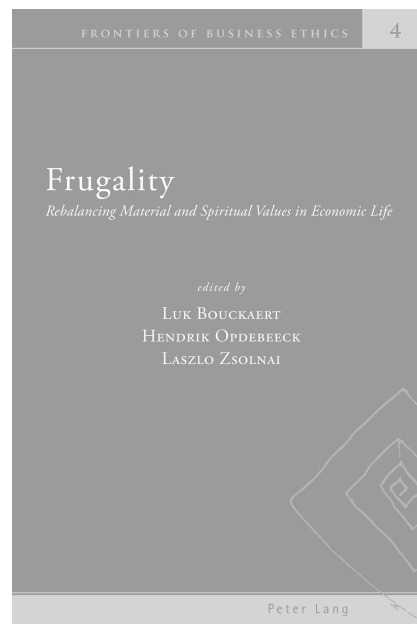
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# Overconsumption



**It is possible to frame sufficiency and frugality as positive ways to a better quality of life.**

**Present overconsumption, which is unsustainable and socially unjust, also causes welfare-related diseases.**



**Sufficiency is not about repressing all our desires. We should focus on how to deal with our wealth, how to satisfy our desires more deeply and how to enjoy a better life by consuming less. The Slow Food Movement is a fantastic example. It is a way toward using more qualitative foods, while recognizing the ecological limits of the Earth.**

## Consumerism and Frugality – Contradictory Principles in Economics?

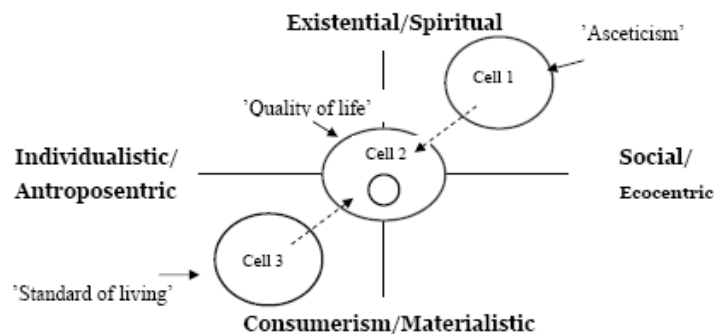
**Integration, dynamics and holism needed in re-considering the economy with sustainability and life quality.**

**An important aspect of frugality is to reduce waste by changing habits of consumption.**

**In the Thomistic tradition, the use of external goods has a natural limit.**

**Material wealth is needed to a certain extent, but it should be used only as an instrument.**

## Quality of Life – as the Golden Mean



## **Simplicity and non-violence**

**Simplicity through negation of wants.**

**Less is more, small is beautiful.**

**Marketing should turn into anti-marketing –  
buy less, simple living.**

**Non-violence (ahimsa)**

**An organic world-view presupposes that when  
you harm other sentient beings or nature, you  
harm yourself.**

**The interplay between economy and ecology  
becomes vital.**



**Herman Daly:  
Frugality First**

**Frugality should precede efficiency in achieving sustainability.**



**An improvement in efficiency alone is equivalent to having a larger supply of the factor whose efficiency increased. The price of that factor declines and more uses for the cheaper factor are found. So scale continues to grow. A policy of “frugality first,” induces efficiency while “efficiency first” does not induce frugality. The main task of our age is to limit the scale of the economy relative to the ecosystem.**

## **Conclusion**

**The present unsustainable lifestyle of mankind requires drastic changes. Western-style consumer capitalism has resulted in global climate change, dramatic ecosystem degradation and biodiversity loss. Also, it has caused massive unhappiness and emptiness in rich countries and social disintegration worldwide.**

## **TIME Magazin The Global Warming Survival Guide**

**There is an old path to reducing our impact on the planet that will feel familiar to Evangelical Christians and Buddhists alike.**

**Live simply. Meditate.**

**Consume less. Think more.**

**Get to know your neighbors.**

**Borrow when you need to and lend when asked.**