

Living Simply

- Buy things for their usefulness rather than their status.
- Buy only the clothes you need and wear them until they wear out.
- Reject anything that produces an addiction, whether it's alcohol, coffee, T.V. or chocolate.
- Develop a habit of giving things away.
- De-accumulate
- Refuse to be controlled by the salespeople of modern gadgetry.
- Learn to enjoy things without owning them.
- Develop a deeper appreciation for the creation.
- Don't fall into the "buy now, pay later" scheme of things.
- Reject anything that will breed the oppression of others or exploits others or adds to the poverty in our world.

From *Celebration of Discipline: The Path to Spiritual Growth*, by Richard Foster, HarperSanFrancisco, 1998. <https://amzn.com/0060628391>