## Contents

Acknowledgments xi

Foreword by Edgar Mitchell xiii

Foreword by Ram Dass xvii

How the Times Have Changed!:

Introduction to the Second

Revised Edition by Duane Elgin xxv

one COOL LIFESTYLE FOR A
HOT PLANET 1

two PIONEERS OF GREEN LIVING 25

three LIVING VOLUNTARILY 73

four LIVING SIMPLY 90

five THE WORLD AT THE TIPPING POINT 114

six DEEP SIMPLICITY AND
THE HUMAN JOURNEY 135

seven LIVING IN A GREEN WORLD 161

Simplicity Resources 187

Notes 193

Index 201