

Living in the Land of Enough

Courtney Carver

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Living in the Land of Enough is a book about choice. Clearly living in the land of plenty isn't making anyone happier. This book demonstrates that choosing less when it comes to money, food, entertainment, and distraction leads to less stress and more happiness.

This short, 9 chapter book will help you identify what is most important in your life.

Living in the Land of Enough Details


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Author : Courtney Carver

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From Reader Review Living in the Land of Enough for online ebook

Hope says

Really more like 3.5 stars. Some good ideas and suggested readings here, but the book is really brief. More like a manifesto than a memoir. I did, however, love the first several pages with the author's "land of enough" idea. I would love a series of essays on that theme--what does it mean to live "with enough" instead of channeling emotions via spending?

Dennis Vander Houwen says

Straight and to the point

Courtney never let's me down. I have been following her blog for a while now and this book goes to the heart of finding an easier approach to downsizing not just the physical things in our lives but the psychological "stuff" as well.

Colin Price says

More of a manifesto than a book, but still having some good insights and practical suggestions. If this had been one of my students though, I probably would have commented on the lack of details, examples or evidence.

Millie says

This a short read, and a really good intro into simple living. I recommend it to anyone looking for some "beginner's advice". If you've already read blogs or books on the topic of simply living, it might not be a book you can gain much from reading.

I got this book for 97p on th Kindle, so it's a bargain if you want to try it!

Roseanne says

Quick and thoughtful read. Is it Shakespeare? No. But it is a great little book to remind you that all you have is all you need :-)

Gina says

If you have read Courtney Carver's blog, Be More with Less, I don't know that you'll find anything in this book that you can't find on the blog for free. However, I like that it's a nice compilation of simple ideas and actions -- both short-term and long-term -- that anyone can tackle now.

I bought the Kindle edition (is there another option) of this book for \$0.99, so it's tough to argue with that price. Courtney offers so much free content on her blog (NB: even the paid content is reasonably-priced!), so \$0.99 for this book is well worth it.

Stephen Bell says

I felt a review had to accompany the embarrassment of adding Carvers's book to my reading list.

Having a hypocritical interest in the philosophy of minimalism, I came across this short essay on the art of living with less. After a bright start which lasted maybe 3 to 4 pages, I was taken along for a excruciating, dull, narcissistic essay about how to live in the land of enough (a metaphor for giving up all our materialistic comforts and living a pure life, free from desire and greed. Yum-yum.). Almost comical at times, if it wasn't for the seriousness in which she attacks the subject.

I was left spellbound by the fact that people are reviewing this book in a positive light. Save the lollipop philosophy and read something a little more credible.

In the land of enough, time is short, too short to be reading banal bullshit like this.

Polina says

Read it to do a bit of an attitude reset after a huge 3 week long shopping spree (post Xmas sales!) and I couldn't agree more with everything she is saying but I am still buying lots haha! I am still looking for a book/paradigm that would really shift my mindset towards less buying but for now I have failed to find one and tend to spend everything I earn. Oh well, maybe it is not a change of attitude I need but a goal worthy of saving for.

Kaat V says

Wat maakt mij gelukkig ? Wat niet ?

Het boek gaat **niet** over 'met zo weinig mogelijk leven'. Het gaat over gevoel krijgen over wat voor jou genoeg is. Zodat je spullen je gelukkig maken in plaats van fysieke en mentale ruimte in te nemen. Ben je iemand die graag veel kleren heeft en dikwijls van outfit verandert ? Laat ze dan vooral hangen ! Ben je een boekenworm die geniet van een eigen bibliotheek ? Geniet ervan !

Een uitgebreide review met citaten kan je lezen op mijn blog, DewereldvanKaat.

Renaë says

The land of enough ...

While some of the suggestions she made wouldn't work in my life due to my profession, she still had really wonderful ideas. I especially liked the idea of making 4 separate piles for the clothes in your closet. I can see how that would allow you to whittle down the ones that are in questionable shape or just not your style anymore.

Frank says

Carver offers a short inspirational guide to living with enough, and hits a home run. The book doesn't offer clear cut guidelines, but that's part of the point. Enough won't be the same for everyone, nor should it be.

Darla says

Solid, practical ideas for simplifying all areas of your life & good direct internet links are embedded in this ebook. Carver's style is much closer to Becker's than Jay. Thank goodness!

Jackee says

I have become enthralled with the idea of a simple life and of having peaceful gratitude for what one has. This is not a new philosophy, I realize. I just enjoy reading how others interpret such a life.

Kelli says

Short, concise read on minor changes that can have a large impact on quality of life. Practical thoughts about the benefits of decluttering, unplugging, and simplifying. A compelling argument to live with less and enjoy life more.

Barbara Siciliano says

Quick read for people beginning the journey of minimalism.
