

## Book Review: Simple Prosperity

By Ananya Jha

David Wann writes about how to overcome the disease known as affluenza in his book titled Simple Prosperity: Finding Real Wealth in a Sustainable Lifestyle . The book discusses how to cope with overconsumption by transforming our lifestyles through a focus on our health and wellness; not 'wealth and hellness.'

Writing from his own experiences solidify his arguments. The book makes the reader ponder his or her own past actions. I definitely did! By using his memories, the personal connection made in the book strikes a chord within you and really makes you stop and think about your own actions and their consequences. He provides tips for everyday life along with the reasoning behind all the assets based on 'real wealth.'

Wann covers seventeen topics ranging from personal growth, to cultural prosperity, and he has made me reconsider all of my previous beliefs regarding those categories. The book has influenced my life in a big way by bringing about changes in my everyday routine. I've started to manage my time more wisely so that I have more time to relax in, we planted a vegetable garden in my backyard, started eating more organic foods, and (tried) to stop paying as much attention to material things.

Simple Prosperity is a good read. Wann's arguments are well thought out. The personal references make it easy to understand and relate it to your own life.