

down the work-and-spend treadmill, make values-based decisions about spending, and save the planet while saving money". Inspirational and thought-provoking.

Spending less money and saving money

Mi\$erly Moms: Living on One Income in a Two Income Economy

by Jonni McCoy
Rampart Range Campus, call # HG179 .M374 1996

Local author who provides frugal tips on how your family can survive financially with one income.

The Money Book for the Young, Fabulous & Broke

By Suze Orman
Centennial Campus, call # HG179 .O7576 2005

Great financial advice for people in their 20's and 30's, especially on how and when to finance college education.

The Tightwad Gazette: Promoting Thrift as a Viable Alternative Lifestyle

By Amy Dacyczyn
Centennial Campus, call # TX336 .D33 1998

A classic on how to pinch pennies until they squeak. Amy shares her tips (and those of contributors to her now retired newsletter) on how her family of eight managed to buy a 100-year-old farmhouse, and live on her husband's early retirement pay from the military.

Setting Goals & Prioritizing

Do What You Love, the Money Will Follow: Discovering Your Right Livelihood

By Marsha Sinetar
Rampart Range Campus, call # HF5381.5 .S53 1989

Do your best work, doing what you like best.

First Things First: to Live, to Love, to Learn, to Leave a Legacy

By Stephen R. Covey
Centennial & Rampart Campuses, call # BJ1581.2 .C66 1994

This book by the "7 Habits of Effective People" guru, is an excellent place to discover your mission in life.

"Most of the luxuries and many of the so-called comforts,

of life are not only not indispensable, but positive hindrances to the elevation of mankind."

– Henry David Thoreau, 1817-1862
Walden, 1, Economy

How to Get What You Want and Want What You Have: a Practical and Spiritual Guide to Personal Success

By John Gray
Rampart Range Campus, call # BF637 .S8 G693 1999

A goal setting book from the spiritual side of the question.

What Color is Your Parachute: a Practical Manual for Job-Hunters & Career Changers

By Richard Bolles
Rampart Range Campus, call #HF5383 .B56 2000
Rampart Range Campus, call #HF5383 .B56 2005
Centennial Campus, call #HF5383 .B56 1990
Centennial Campus, call #HF5383 .B56 2000
Centennial Campus, call #HF5383 .B56 2005

See Bolles' chapter on finding your dream job, and his epilogue on how to find your mission in life.

Voluntary Simplicity (Simplify to Save the Earth)

Living the Good Life; How to Live Sanely and Simply in a Troubled World

By Helen and Scott Nearing
Centennial Campus, call # S521 .N33 1970
Rampart Range Campus, call # S521 .N33 1970

One couple's personal search for a simple, satisfying life living off the land in rural Vermont in the 1930's and 1940's.

More-with-Less Cookbook

By Doris Janzen Longacre
Centennial Campus, call # TX715 .L822 2000

A Mennonite perspective on voluntary simplicity. Tasty, inexpensive, and easy recipes, plus useful advice on how to do "more-with-less".

Voluntary Simplicity: Toward a Way of Life That Is Outwardly Simple, Inwardly Rich (Revised)

By Duane Elgin
Rampart Range Campus, call # BJ496 .E356 1993

The book that many people believe started the voluntary simplicity movement.

Walden

By Henry David Thoreau
Centennial Campus & Rampart Range Campus, copies starting with call # PS3048
eBooks on NetLibrary (accessible through library webpage)

A real classic on simplifying your life. Thoreau built his own home (small shack really), grew his own beans, earned money for necessities with day labor, and lived on the edge of a pond for two years.

Improving your quality of life

Do One Thing Different: and Other Uncommonly Sensible Solutions to Life's Persistent Problems

By Bill O'Hanlon
Rampart Range Campus, call # BF449 .O43 1999

Great simple, often silly, yet effective ways to solve your personal problems.

Guide to Stress Reduction, revised edition

By L. John Mason, Ph.D.
Rampart Range Campus, call # BF575 .S75 M35 2001

Simple relaxation techniques.

Magazines

Real Simple

Centennial and Rampart Range Campuses

This magazine is an excellent source of tips for simplifying your life, but it's not for the frugal. Many of the tips are of the "spend money to save time" variety.

Inquiring Minds is published quarterly by the Pikes Peak Community College Libraries. Please send questions or comments to Dawn Bergacker at dawn.bergacker@ppcc.edu



NEWS AND VIEWS FROM THE
LIBRARY OF PIKES PEAK
COMMUNITY COLLEGE

Inquiring Minds

S P R I N G 2 0 0 7 I S S U E

“We have grown literally afraid to be poor. We despise anyone who elects to be poor in order to simplify and save his inner life. If he does not join the general scramble and pant with the money-making street, we deem him spiritless and lacking in ambition.”

– William James (1842–1910), U.S. psychologist, philosopher. *"The Value of Saintliness,"* lectures 14-15, *The Varieties of Religious Experience* (1902).

The Columbia World of Quotations.
Copyright©1996 Columbia University Press

“I went to the woods because I wished to live deliberately, to front only the essential facts of life, and see if I could not learn what it had to teach, and not, when I came to die, discover that I had not lived.”

– Henry David Thoreau, *Walden, 2, Where I Lived, and What I Lived For*

“Perfect simplicity is unconsciously audacious.”

George Meredith (1828-1909)

Simplify your life, at your library...

Is your life "CrazyBusy"? Maybe it's time to simplify. Our library can help you cut the bad stuff out of your life, until there's nothing left but the good stuff.

Looking for tips on how to simplify?

Elaine St. James is an expert on simplifying lives. Our library has some of her books on audiotape, so you don't even need to find the time to sit down and read. Bill Jensen's books have useful suggestions for streamlining your work life.

Is it time to organize?

Julie Morgenstern has a great book on how to organize your home, office and life, but remember, as the *CrazyBusy: Overstretched, Overbooked, and About to Snap: Strategies for Coping in a World Gone ADD* author says, "Just as you can be thin and miserable, you can be very well organized and still feel overwhelmed by modern life". Maybe it's time to read *A Perfect Mess: the Hidden Benefits of Disorder* instead.

Do you need a new attitude about money?

Your Money or Your Life: Transforming Your Relationship with Money and Achieving Financial Independence will show you how many work hours that latte is really costing you. Or, sit back and watch the great PBS documentary, *Affluenza*, about the "painful, contagious, socially-transmitted condition of overload,

debt, anxiety, and waste resulting from the dogged pursuit of more".

Is it time to learn to live within your means?

To learn how to pinch pennies until they squeak, try reading *The Tightwad Gazette: Promoting Thrift as a Viable Alternative Lifestyle*.

Or, do you need to discover what you want from life first?

Do you "want what you have", or do you need to find a new career or goal in life? Maybe *Do What You Love, the Money Will Follow: Discovering Your Right Livelihood* will kick start your thinking.

Worried about the Earth?

Read the great classics on voluntary simplicity. *Voluntary Simplicity: Toward a Way of Life That Is Outwardly Simple, Inwardly Rich* is a great place to start. Or, start with a classic written in 1854, *Walden* by Henry David Thoreau.

Are personal problems or medical problems associated with stress holding you back?

For simple solutions try *Do One Thing Different: and Other Uncommonly Sensible Solutions to Life's Persistent Problems or The Guide to Stress Reduction*.

Find time to relax and enjoy your life. As Dr. Hallowell of *CrazyBusy* says, "Focus on what you like best and on what you do best." The rest is just fluff. Cut out the fluff.

RESOURCES

Alternatives for Simple Living

<http://www.simpleliving.org/>

“An international nonprofit, educational organization providing resources for responsible living, and celebrating since 1973. Equipping people of faith to challenge consumerism, live justly, and celebrate responsibly.”

Fantastic resource filled newsletter. There's also a great blog for church-type folks.

The Dollar Stretcher Website

<http://www.stretcher.com/index.cfm>

Lots of solid, useful tips for saving money. The website is, however, heavily advertised upon.

“Green for Life” Myspace Group

<http://groups.myspace.com/index.cfm?fuseaction=groups.groupProfile&groupID=103187628&Mytoken=776B87EC-23EA-4A0C-B46895FE00DD9BB734677380>

“Share your tips and get advice on easy ways to live greener. Easy non-toxic alternatives, energy saving tips, eco-lifestyle, organic food, organic gardening, alternative energy, global warming and more.” This group recommends Janet Luhr's Simple Living Guide.

New American Dream website

<http://www.newdream.org/>

“Live consciously, buy wisely, and make a difference.” The Buy Wisely section of the website has some nice tips on conserving money. There's also some good tips on “Simplifying the Holidays” in the Live Consciously section.

New Road Map

<http://www.newroadmap.org/default.asp>

The website for the Your Money or Your Life people.

Simple Living America: balance in a complex world

<http://www.seedsofsimplicity.org/>

“Simple Living America is a nonprofit membership organization for individuals, families and communities that fosters balance and fulfillment in a complex world. It achieves this through the *Simple Living with Wanda Urbanska* television series, airing on PBS stations around the country”.

But, sadly not on our local PBS station. Cecile Andrews, the author of *The Circle of Simplicity: Return to the Good Life*, is also featured on this website.

Simple Living Network

<http://www.simpleliving.net/main/>

The granddaddy of simplicity websites, the Simple Living Network has been providing “resources, tools, examples and contacts for conscious, simple, healthy and restorative living since 1996”. Online study groups for Your Money or Your Life. Great source of discussion forums on all aspects of simplicity, including family, food, gardening, frugality, organizing, spirituality, workplace issues, and book reviews.

Simpler Work Website

<http://www.simplerwork.com>

“Simpler ways to get things done”. Bill Jensen says that, “work simplicity is the ability to make choices that lead to success”. He has some great ideas on how to blast through emails, and how to communicate simply and effectively at work.

The Simplicity Resource Guide

<http://www.gallagherpress.com/pierce/index.htm>

Maintained by the author of *Choosing Simplicity: Real People Finding Peace and Fulfillment in a Complex World*. This site is very well-organized, and has great links to other websites and resources.

Local Resources

Catamount Institute

<http://www.catamountinstitute.org/index.php>

This is a local organization that sometimes sponsors programs on sustainable living. Check website for current offerings. They are looking for a volunteer Living Simply, Living Well Program Assistant.

Cornerstone Credit Counselors

<http://www.debtstoppers.org/>

This is a local “non-profit, non-denominational ministry assisting the local church, ministries, and the general public. It provides Biblically based financial services, counseling, and education to those who are in trouble with debt or those who simply want to better manage their personal finances.”

SEAS Students for Environmental Awareness and Sustainability

<http://web.uccs.edu/seas/>

This group's mission is to “create a community of involved students, faculty, staff and administration to implement sustainable practices at UCCS. Sustainable development meets the needs of the present without compromising the ability of future generations to meet their own needs.”

Voluntary Simplicity classes at the Pikes Peak Justice and Peace Commission

<http://www.ppjpc.org/>

Topics Include: the Meaning of Simplicity, Living More with Less, Your Money or Your Life, Do You Have the Time, How Much is Enough, and The Practice of Simplicity. \$35 donation (includes text book). Scholarships are available

Local churches, synagogues & religious groups

Most religions practice simplicity, and several churches in our area have at one time or another sponsored simplicity study groups or workshops on simplifying your life. Congregationalists, Unitarian Universalists, Buddhist groups, New Thought churches, Mennonite & Friend (Quaker) churches, and any church large enough to have small groups' ministry are good places to find information on simplifying your life and focusing on what's really important.

Recommendations

Simplifying Your Life

Choosing Simplicity: Real People Finding Peace and Fulfillment in a Complex World

By Linda Breen Pierce
Centennial Campus, call# BJ1496 .P555 2000

Inspirational stories of people who have simplified their lives.

CrazyBusy: Overstretched, Overbooked, and About to Snap: Strategies for Coping in a World Gone ADD

By Edward M. Hallowell, M.D.
Rampart Range Campus, call# BF637 .C5 H296 2006

Directions on how to “stop being busy, start being happy, and still get things done.”

Down-Shifting: Reinventing Success on a Slower Track

By Amy Saltzman
Rampart Range Campus, call #HF5381 .S257 1991

Stories about professionals from the driven 1980's, who chose to downshift in the 1990's.

Inner Simplicity: 100 ways to regain peace and nourish your soul (audiocassettes)

By Elaine St. James
Centennial Campus, Leisure Reading Room, call #BL624 .S7 I5 1998

A spiritual guide to simplification.

Living the Simple Life: a guide to scaling down and enjoying more (audiocassettes)

By Elaine St. James
Centennial Campus, call #BJ1496 .S7321 1996 (AUDIOCASSETTE)

Practical tips for simplifying your life. Elaine and her husband moved into a townhouse to reduce their household chores.

Simplicity: the New Competitive Advantage in a World of More, Better, Faster

By Bill Jensen
Centennial Campus, call# HD31.J396 2000

“Drawing from a study of over 2,500 people in 460 companies, Simplicity shows how to thrive in an age of information overload by learning to do more of what matters and less of what doesn't.” The suggestions in this book aren't as streamlined as those in the Simplicity Survival Handbook, but it's interesting to see the data and conclusions from this decade-long study.

The Simplicity Survival Handbook: 32 Ways to Do Less and Accomplish More

By Bill Jensen
Rampart Range Campus, call # HD58.9.J464 2003

Extremely useful information on streamlining work processes. These ideas were developed from the study discussed in Bill's Simplicity book. The information is beautifully summarized. Information on simplifying voicemails, emails, meetings, training, performance evaluations, orientations, career goals, presentations, etc.

Organizing Your Life (or Not)

How to Organize Just About Everything: More than 500 Step-by-Step Instructions for Everything from Organizing Your Closets to Planning a Wedding to Creating a Flawless Filing System

By Peter Walsh
Centennial Campus, call # TX147 .W2756 2004

Peter Walsh (from TLC's Clean Sweep series) gives tons of pithy little tips on organization.

Organizing From the Inside Out: the Foolproof System for Organizing Your Home, Your Office, and Your Life

By Julie Morgenstern
Rampart Range Campus, call # TX147 .M67 1998

Understand your own habits and personality, and create the best organization method for you.

A Perfect Mess: the Hidden Benefits of Disorder

By Eric Abrahamson
Centennial Campus, call # BJ1533 .O73 A27 2006

If you spend most of your time at home cleaning and tidying, and you'd rather be playing or relaxing, this book may inspire you to lower your cleanliness standards.

Changing your relationship with money

Affluenza

By Bullfrog Films
Centennial Campus, call # HF5415.33 .U6 A371 2005 (DVD)
Rampart Range Campus, call # HF5415.33 .U6 A37 1997 (1/2"VHS)

A great PBS documentary about the “painful, contagious, socially-transmitted condition of overload, debt, anxiety, and waste resulting from the dogged pursuit of more.”

Money, a Memoir: Women, Emotions, and Cash

By Liz Perle
Centennial Campus, call # HG179 .P3664 2006

Thought provoking reading for women with ambivalent feelings about the pursuit of wealth and money.

Your Money or Your Life: Transforming your Relationship with Money and Achieving Financial Independence

By Joe Dominguez and Vicki Robin
Centennial Campus, call # HG179 .D624 1992

The publishers of this book say that more than “three-quarters of a million people have used this nine-step program to get out of debt and develop savings, slow

“It is a great art to saunter.”

– Henry David Thoreau, Journal [1906]

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