

CONTENTS

ABOUT NWEI.....	5
ABOUT THIS CURRICULUM	6
GUIDELINES.....	8
EVALUATION.....	10
INTRODUCTION.....	12
SESSION 1	
FINDING YOUR 'WHY': LIVING A LIFE OF HAPPINESS AND MEANING	13
"The World Is Not Enough" by Lacy Cagle	15
Excerpts from "Voluntary Simplicity" by Duane Elgin	17
"Why Millennials Are Trending Toward Minimalism" by Joshua Becker.....	19
"Marie Kondo and the Privilege of Clutter" by Arielle Bernstein.....	20
"A Different Way: Miguel Arellano" by Lacy Cagle.....	23
SESSION 2	
TIMES CHANGE: BUSYNESS, DISTRACTION AND MINDFULNESS	26
"Why Being Too Busy Makes Us Feel So Good" by Brigid Schulte	28
"Multitasking is Killing Your Brain" by Larry Kim	31
"Family Rituals Protect Time" by Marie Sherlock.....	32
"Just Breathe: The Powerful Simplicity of Meditation" by Rhea Maze.....	33
"A Different Way: Yadira Ruiz" by Lacy Cagle	35
SESSION 3	
LIGHTEN UP! CONSUME LESS, CREATE MORE	39
"Enjoy Without Owning" by Francine Jay.....	41
"Four Questions to Ask Yourself Before Buying a Product" by Dave Evans	42
"Let's Trash the Idea of Garbage" by Jerry Silverman.....	43
"Why Sending Your Old Clothes to Africa Doesn't Help" by Mariah Griffin-Angus	45
"Is the Library of Things an Answer to our Peak Stuff Problem?" by Oliver Balch	46
"Swimming Upstream" by Alex Mihm.....	47
"Creation Over Consumption" by Ali Cornish.....	50
"A Different Way: Betty Shelley" by Lacy Cagle	51

SESSION 4	
TECHNOLOGY: CONNECTION AND DISCONNECTION	54
“The Plugged In Paradox: Why Always Being Connected Makes It Harder to Connect” by Alison A. Quirk	56
“Smiles All Round” by Lea Waters	59
“Living in the Age of Distraction” by Margaret Wheatley	61
“What’s Lost When We Photograph Life Instead of Experiencing It?” by Rebecca Macmillan	65
“A Different Way: Deepak Chopra on Spirituality in the Age of Social Media” by Neha Prakash	68
SESSION 5	
MEDIA LITERACY: RESISTING MATERIALISTIC VALUES	71
Video: “The High Price of Materialism”	73
“Key Concepts of Media Education” by Media Smarts	74
“Distinguishing ‘Fake News’ From Real News”	76
“How Advertisers Seduce Our Subconscious” by Robert George Heath	77
“Horrible Facebook Algorithm Accident Results in Exposure to New Ideas” from <i>The Onion</i>	78
“A Different Way: Stephanie Co” by Lacy Cagle	79
SESSION 6	
MOVING FORWARD	82
“Finding A Different Way”	84
“A Different Way: Philena Seldon” by Lacy Cagle	85
“Simplicity Is the Path” by Leo Babauta	88
PERMISSIONS	90
BECOME A MEMBER OF NWEI	92