



Mindfulness in the Marketplace: Compassionate Responses to Consumerism

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This collection of essays edited by Allan Hunt Badiner shows us how to look deeply into the items we consume every day, not only food, but clothes, media, ideas, and images. Right Consumption suggests a reorientation for consumers from passive purchasers, who willingly and uncritically accept advertising messages for toxic products, to active, mindful, and responsible citizens who see the dynamic connection between their purchases and their values. This results in effects compatible with healthy and enduring human, animal, and plant life. Contributors include Thich Nhat Hanh, His Holiness the Dalai Lama, Judith Simmer-Brown, Fritjof Capra, Joan Halifax Roshi, Joanna Macy, Riane Eisler, and Paul Hawken.

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