



Living Room Revolution: A Handbook for Conversation, Community and the Common Good

Cecile Andrews

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Every man for himself! For too long we have lived in a competitive, consumer-oriented culture, destroying the well-being of people and the planet. We believe that money brings happiness, yet all too often, the opposite is true. The pursuit of wealth at any cost corrupts our values and diminishes our lives. The resulting inequality breaks down social cohesion and generates envy, bitterness, and resentment. Greed breeds more greed.

Living Room Revolution refutes the notion that selfishness is at the root of human nature. Research shows that people—given the right circumstances—can be caring, nurturing and collaborative. Presented with the opportunity, they gravitate toward actions and policies embodying empathy, fairness, and trust instead of competition, fear, and greed. The regeneration of social ties and the sense of caring and purpose that comes from creating community drive this essential transformation.

At the heart of this movement is the ancient art of conversation. *Living Room Revolution* provides a practical toolkit of concrete strategies to facilitate personal and social change by bringing people together in community and conversation. The heart of happiness is joining with others in good talk and laughter. Each person *can* make a difference, and it can all start in your own living room!

Cecile Andrews is a community educator, and author of *Slow is Beautiful* and co-author of *Less is More*. She is active in the transition movement in the United States. Cecile and her husband are founders of Seattle's Phinney Ecovillage, a neighborhood-based sustainable community.

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Isaiah Owens:

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