



Good Living in Hard Times

Stafford Whiteaker

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Born from economic necessity and political disenchantment, a new morality is emerging about how we live. From the Middle East to America, people want changes to economic, social and political systems that have failed them. To succeed, their demands of 'Dignity!' and 'People before Profits!' will mean a change in moral and ethical values. *Good Living in Hard Times* discusses those values which have stood the test of time and need once again to be our benchmarks for living. Self-reliance, personal dignity, and economic reality are the major themes. The author believes that the only way to begin is with your own life. The goal is that balance of mind, body, and spirit which makes for contentment, good relationships and a flourishing earth. With practicality and in a light style, *Good Living in Hard Times* explains things that make you poor, healthy and rich. With such understanding, we become self-reliant and discover a lasting union with ourselves, our neighbors and our planet, no longer needing the materialism that has made us creatures of desire living in an empire of ruin.

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