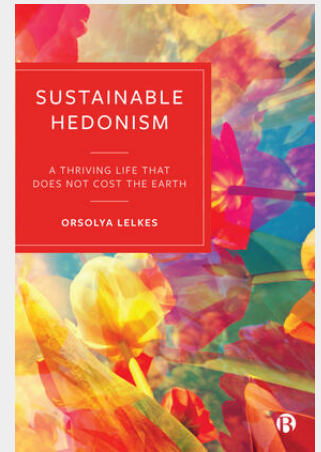


Lelkes

Sustainable Hedonism

A Thriving Life that Does Not Cost the Earth

How can we create a thriving life for us all that doesn't come at the price of ecological destruction? This book calls to explore our collective and personal convictions about success and good life. It challenges the mainstream worldview, rooted in economics, that equates happiness with pleasure, and encourages greed, materialism, egoism and disconnection. Drawing on science and ancient Greek philosophers the author details how we can cultivate our skills for enjoying life without harming ourselves or others, and can live an autonomous, creative and connected life. Complementary to our intellectual understanding, the experiential method of role play and theatre can powerfully facilitate the exploration of the inner drivers and hindrances of a thriving life.



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