



## SIMPLIFY YOUR LIFE

Years ago, a cigarette commercial asked if you were smoking more, but enjoying it less. That describes the way many of us live today. We are doing more, but enjoying it less. And when that doesn't work, we compound the problem. In our **frantic** search for satisfaction, we try **stuffing** still more into our days, never realizing that we are taking the wrong approach. The truth is simple; so simple it is hard to believe. Satisfaction lies with less, not with more. Yet, we **pursue** the myth that this thing, or that activity, will somehow provide the satisfaction we so desperately **seek**.

Arthur Lindman, in his devastating book, "The Harried Leisure Class," described the futility of pursuing more. His research focused on what people did with their leisure time. He found that as income rose, people bought more things to occupy their leisure time. But, ironically, the more things they bought, the less they valued any one of them. Carried to an extreme, he predicted massive boredom in the midst of tremendous variety. That was more than twenty years ago, and his prediction seems more accurate every year.

Lindman of course, is not the first to discover this. The writer of Ecclesiastes expressed the same thought thousands of years ago. It is better, he wrote, to have less, but enjoy it more.

If you would like to enjoy life more, I **challenge** you to experiment with me. How could you simplify your life? What could you drop? What could you do without? What could you stop pursuing? What few things could you concentrate on?

The more I learn, the more I realize that fullness of life does not depend on things. The more I give up, the more I seem to gain. But words will never convince you. You must try it for yourself.