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overdressed does for t shirts and leggings what fast food nation did for burgers and fries katha pollitt cheap fashion has fundamentally changed the way most americans dress stores ranging from discounters like target to traditional chains like jcpenney now offer the newest trends at unprecedentedly low prices and we have little reason to keep wearing and repairing the clothes we already own when styles change so fast and it s cheaper to just buy more cline sets out to uncover the true nature of the cheap fashion juggernaut what are we doing with all these cheap clothes and more important what are they doing to us our society our environment and our economic well being

drawing on empirical research clinical case material and vivid examples from modern culture the psychology of overeating

demonstrates that overeating must be understood as part of the wider cultural problem of consumption and materialism highlighting modern society's pathological need to consume kima cargill explores how our limitless consumer culture offers an endless array of delicious food as well as easy money whilst obscuring the long term effects of overconsumption the book investigates how developments in food science branding and marketing have transformed western diets and how the food industry employs psychology to trick us into eating more and more and why we let them drawing striking parallels between big food and big pharma cargill shows how both industries use similar tactics to manufacture desire resist regulation and convince us that the solution to overconsumption is further consumption real life examples illustrate how loneliness depression and lack of purpose help to drive consumption and how this is attributed to individual failure rather than wider culture the first book to introduce a clinical and existential psychology perspective into the field of food studies cargill's interdisciplinary approach bridges the gulf between theory and practice key reading for students and researchers in food studies psychology health and nutrition and anyone wishing to learn more about the relationship between food and consumption

india's first carbon neutral book whenever climate change as a topic pops up in a conversation someone ends the conversation with what can i do about it this book is the answer to those all what can i dos covering all the aspects of day to day life like food textile transportation tourism beauty home education business etc along with industry specific expert comments climate change is mostly talked about in a very technical language and is full of jargon like climate emergency carbon neutral carbon positive net zero below 2 c which is one of the biggest issues that the majority of people don't understand the problem this book focuses on simplifying climate change and sustainability so that everyone can understand and take action toward achieving the sustainable development goals of the united nations if we learn to make conscious decisions regarding our consumption habits we surely can get closer to achieving the target agreed upon in the landmark paris agreement get hold of this book to learn the art of making our planet more liveable and sustainable

a dynamic resurgence in sewing and knitting is under way with many people enjoying making and mending their own garments at home however stories abound of homemade clothes languishing at the back of the wardrobe amy twigger holroyd draws on ideas of fashion culture and craft to explore makers lived experiences of creating and wearing homemade clothes in a society dominated by

shop bought garments using the innovative metaphor of fashion as common land folk fashion investigates the complex relationship between making well being and sustainability twigger holroyd combines her own experience as a designer and knitter with first hand accounts from folk fashion makers to explore this fascinating yet under examined area of contemporary fashion culture looking to the future she also considers how sewers and knitters might maximise the radical potential of their activities

more than a decluttering guide this book speaks to the heart and soul of the minimalist lifestyle a must have manual for serenity in the modern world anne sage author of sage living for anyone looking to declutter organize and simplify author erin boyle shares practical guidance and personal insights on small space living and conscious consumption at once pragmatic and philosophical simple matters is an essential manual for anyone who wants to bring more purpose and sustainability to their daily lives boyle demonstrates how the benefits of living small are accessible to us all whether we re renting a tiny apartment or purchasing a three story house filled with personal essays projects and helpful advice on how to be inventive and resourceful in a tight space simple matters shows that living simply is about making do with less and ending up with more more free time more time with loved ones more savings and more things of beauty

from journalist fashionista and clothing resale expert elizabeth l cline the michael pollan of fashion comes the definitive guide to building an ethical sustainable wardrobe you ll love clothing is one of the most personal expressions of who we are in her landmark investigation overdressed the shockingly high cost of cheap fashion elizabeth l cline first revealed fast fashion s hidden toll on the environment garment workers and even our own satisfaction with our clothes the conscious closet shows exactly what we can do about it whether your goal is to build an effortless capsule wardrobe keep up with trends without harming the environment buy better quality seek out ethical brands or all of the above the conscious closet is packed with the vital tools you need elizabeth delves into fresh research on fashion s impacts and shows how we can leverage our everyday fashion choices to change the world through style inspired by her own revelatory journey getting off the fast fashion treadmill elizabeth shares exactly how to build a more ethical wardrobe starting with a mindful closet clean out and donating swapping or selling the clothes you don t love to make way for the closet of your dreams the conscious closet is not just a style guide it is a call to action to transform one of the most polluting industries on earth fashion into a force for good readers will learn where our clothes are made and how they re made before

connecting to a global and impassioned community of stylish fashion revolutionaries in the conscious closet elizabeth shows us how we can start to truly love and understand our clothes again without sacrificing the environment our morals or our style in the process michelle goldberg newsweek the daily beast

cultures as well as individuals continually balance the demands of nostalgia and sustainability as they construct historical narratives of futures worth preserving the aim of this volume is to explore those narratives and the underlying assumptions which inform them drawing on a range of disciplines from the humanities and social sciences the chapters investigate cultural assumptions about which aspects of the past deserve to be remembered and which aspects of the present should be sustained for the future in the process they reveal how contemporary definitions of sustainability are informed by a nostalgic yearning for the past and how nostalgia is motivated by a reciprocal longing to sustain the past for the future

la moda rápida ha cambiado de forma fundamental cómo se viste el mundo las tiendas ofrecen tendencias nuevas a precios cada vez más bajos los mayoristas producen prendas en volúmenes altísimos para bajar los costos y subir las ganancias convirtiendo a la ropa en un bien desechable pero de dónde viene tanta ropa qué estamos haciendo con tantas prendas y más importante aún qué efecto tiene su producción masiva en la sociedad el medio ambiente y el bienestar económico en gran medida la moda merece su mala reputación se trata de una industria global de miles de millones de dólares que tiene demasiada influencia en nuestras carteras autoimagen y espacio de almacenaje pero muestra muy poco interés por el medio ambiente y los derechos humanos en este libro elizabeth cline revela la verdadera naturaleza de los gigantes de la ropa rápida desde las ganancias estratosféricas de los mayoristas hasta nuestra obsesión por las compras y las baratas viaja a fábricas en china sigue la industria de la moda hasta bangladesh y echa un vistazo a las tiendas de segunda mano el reciclaje de ropa y el destierro de nuestras sobras para demostrar que el mayor problema de la industria es la aterradora escala a la que maquila prendas las pone en el mercado y las desecha casi con la misma rapidez que las produce

this guide to the film industry from the 1900s to the present day has now been updated with john walker s critiques of the films that have been turning heads in 2002 3 it delivers all the cast and crew credits fun trivia and behind the scenes information you need on

thousands of movies over 23 000 including hundreds of new ones this perennial guide also includes plot synopses and critical evaluations as well as video cassette laser disc and dvd availability reader friendly icons denote films suitable for family viewing academy award winners and nominees soundtrack availability and video format compatibility the guide also contains lists of four star and three star films by title and year

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