

More or Less

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This book starts with a compelling and convincing challenge to leave behind the mindset of always wanting more and more and to accept we already have more than enough. We can therefore decide to live at a certain level and use the excess to be generous to those around us and to support charities.

The author is careful to make clear he cannot decide for the reader how much is “enough” – every person has to decide that for themselves – but for those with homes and jobs, we are encouraged to understand a reasonable “line” is likely to be significantly lower than how we are living at the moment.

After dealing with money, the book goes on to address unwanted possessions (“junk”), excess food, clothes, time, transport (cars) etc, with numerous examples of different projects and initiatives, before a closing chapter urges the reader to take some action of their own. There is a warning however: helping other people for personal gain or a feel-good factor “benefits no-one”¹, Our actions must be driven by a desire to live more simply and by seeing and understanding a need that we can help.

Personally I found the opening chapters deeply moving and recommend the book for those genuinely open to re-evaluating their lifestyle. But the later chapters were less interesting; some of the ideas described are not new in the UK (but may have been when the book was first published in 2013).

¹ Chapter 12 “Making Enough More”, page 202