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Modern life overwhelms us with throwaway stuff like appliances built to break and clothes that only enchant for a season. But it doesn't have to be this way! In this edition of *A Life Less Throwaway* updated specifically for the American market, Tara Button teaches you a revolutionary way of viewing your possessions that can save time, money, space--and the planet. Button, founder of the Buy Me Once website, has become a champion of a way of living in which we thoughtfully purchase the everyday objects in our lives and give them meaning, whether they be towels, desks, pots, scissors, or a coat. Tara advocates a life of mindful buying that celebrates what lasts, giving you exercises that help you curb impulses, ignore trends, and discover your true style. The book contains ten steps to mastering mindful curation, from finding your priorities to understanding and using techniques to free yourself from external manipulations such as advertising. Tara teaches you how to resist cheaply made goods and make smart, fulfilling purchases that last a lifetime. Mindful curation is a lifestyle choice that makes people happier, healthier, and more fulfilled, while also being environmentally friendly.

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