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The Freedom Manifesto: How to Free Yourself from Anxiety, Fear, Mortgages, Money, Guilt, Debt, Government, Boredom, Supermarkets, Bills, Melancholy, Pain, Depression, Work, and Waste

By Tom Hodgkinson

HarperCollins Publishers Inc. Paperback / softback. Book Condition: new. BRAND NEW, The Freedom Manifesto: How to Free Yourself from Anxiety, Fear, Mortgages, Money, Guilt, Debt, Government, Boredom, Supermarkets, Bills, Melancholy, Pain, Depression, Work, and Waste, Tom Hodgkinson, The author of How to Be Idle, Tom Hodgkinson, now shares his delightfully irreverent musings on what true independence means and what it takes to be free. The Freedom Manifesto draws on French existentialists, British punks, beat poets, hippies and yuppies, medieval thinkers, and anarchists to provide a new, simple, joyful blueprint for modern living. From growing your own vegetables to canceling your credit cards to reading Jean-Paul Sartre, here are excellent suggestions for nourishing mind, body, and spirit--witty, provocative, sometimes outrageous, yet eminently sage advice for breaking with convention and living an uncluttered, unfettered, and therefore happier, life.



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