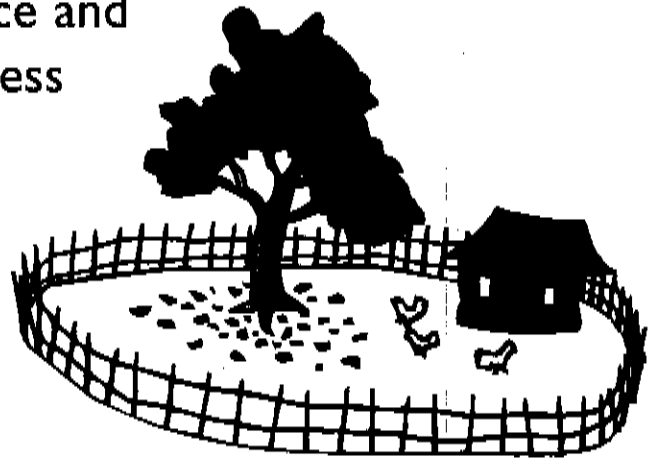


# The Discipline of Simplicity

Living with less can actually mean having more – time, energy, patience and happiness



Some of Richard Foster's principles for the outward expression of simplicity have been helpful to me and I hope they will help other members of the Alabama State Bar.

1. Buy things for their usefulness rather than their status.
2. Reject anything that is producing an addiction in you. Learn to distinguish between a real psychological need, like cheerful surroundings, and an addiction.
3. Develop a habit of giving away things. If you find that you are becoming attached to some possession, consider giving it to someone who needs it (de-accumulate).
4. Refuse to be propagandized by the custodians of modern gadgetry. Beware of those words, "It will pay for itself in six months."
5. Learn to enjoy things without owning them. Owning things is an obsession in our culture.
6. Develop a deeper appreciation for creation. Get close to the earth.
7. Look with a healthy skepticism at all "buy now, pay later" schemes. They are a trap and serve to deepen your bondage.
8. Make honesty and integrity the distinguishing characteristics of your speech.
9. Reject anything that will breed oppression of others.
10. Shun whatever would distract you from your main goal.

(Excerpted from the book *Celebration of Discipline* by Richard J. Foster. Copyright 1978, Rev. Ed. 1988, Harper, San Francisco. Reprinted by permission.)  
—Samuel N. Crosby, Daphne