



7: An Experimental Mutiny Against Excess

By Jen Hatmaker

Oasis Audio, United States, 2012. CD-Audio. Book Condition: New. Unabridged. 163 x 137 mm. Language: English . Brand New. Do you feel trapped in the machine of excess? Jen Hatmaker was. Her friends were. And some might say that our culture is. Jen once considered herself unmotivated by the lure of prosperity, but upon being called rich by an undeniably poor child, evidence to the contrary mounted, and a social experiment turned spiritual journey was born. 7 is the true story of how Jen took seven months, identified seven areas of excess, and made seven simple choices to fight back against the modern-day diseases of greed, materialism, and overindulgence. Food. Clothes. Spending. Media. Possessions. Waste. Stress. Jen and her family would spend 30 days on each topic, boiling it down to the number seven. Only eat seven foods, wear seven articles of clothing, and spend money in seven places. Eliminate use of seven media types, give away seven things each day for one month, adopt seven green habits, and observe seven sacred pauses. So, what's the payoff from living a deeply reduced life? It's the discovery of a greatly increased God -- a call toward Christ-like simplicity and...



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-- **Germaine Welch**

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