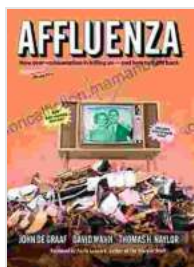


# How Overconsumption Is Killing Us And How To Fight Back

Overconsumption is a major problem that is harming our planet and our health. We are consuming more resources than the Earth can sustain, and this is leading to a number of serious problems, including climate change, pollution, and resource depletion.

In this article, we will discuss the causes and consequences of overconsumption, and we will offer some tips on how to fight back.

Overconsumption is the act of consuming more resources than is necessary or sustainable. It can be caused by a number of factors, including:



## Affluenza: How Overconsumption Is Killing Us—and How to Fight Back by David Wann

★★★★☆ 4.4 out of 5

Language : English  
File size : 10604 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
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Print length : 289 pages  
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Screen Reader : Supported

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- **Consumerism:** The belief that happiness and success are achieved through the consumption of goods and services.

- **Advertising:** The use of marketing techniques to create desire for products and services.
- **Planned obsolescence:** The practice of designing products to become obsolete quickly, so that consumers will have to buy new ones.
- **Social media:** The use of social media to create a sense of envy and inadequacy, which can lead to overconsumption.

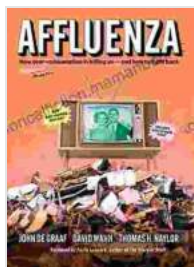
Overconsumption has a number of negative consequences for our planet and our health. These consequences include:

- **Climate change:** Overconsumption is a major contributor to climate change. The production and consumption of goods and services releases greenhouse gases into the atmosphere, which trap heat and cause the planet to warm.
- **Pollution:** Overconsumption also leads to pollution. The production and consumption of goods and services generates a lot of waste, which can pollute our air, water, and land.
- **Resource depletion:** Overconsumption is also leading to resource depletion. We are using up our planet's resources at an unsustainable rate, and this is putting our future at risk.
- **Health problems:** Overconsumption can also lead to health problems. People who consume too much food, alcohol, or drugs are at risk for a number of health problems, including obesity, heart disease, and liver damage.

There are a number of things that we can do to fight back against overconsumption. These include:

- **Reduce our consumption:** The most important thing that we can do is to reduce our consumption of goods and services. This means buying less stuff, eating less food, and consuming less energy.
- **Buy sustainable products:** When we do buy things, we should choose sustainable products that are made from recycled materials and that are produced in an environmentally friendly way.
- **Support local businesses:** Supporting local businesses helps to reduce the environmental impact of our consumption. Local businesses are more likely to use sustainable practices and to source their products from local suppliers.
- **Get involved in your community:** Getting involved in your community is a great way to learn about the environmental problems that your community faces and to work together to find solutions.

Overconsumption is a major problem that is harming our planet and our health. We need to take action to reduce our consumption and to fight back against the forces that are driving overconsumption. By working together, we can create a more sustainable and just world.



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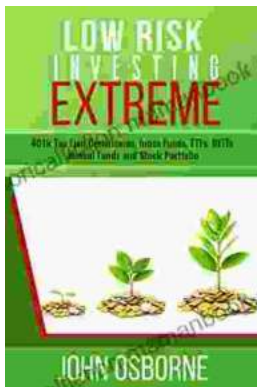
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