

THE NOT SO BIG LIFE – Chapter Three Introduction

This chapter takes a good hard look at why we are so addicted to super-sizing and super-speeding. Many of us are so busy these days we hardly have time to come up for air, or to wonder if what we are doing each day has any real meaning for us. And when it comes to “stuff”, whether we’re considering a new house, a new car, or a new outfit, we’re convinced that somehow this purchase is going to make us feel better. But does it really?

All this rushing and purchasing is designed to fill a hole. We want to feel fully alive but we’re not sure how this happens, so we’ve developed substitutes that make us feel good in the short term, but they often backfire and make us feel lost and empty in the long term. So we’ll take a look at what we are up to, both individually and collectively, in order to see why we do what we do.

The exercise at the end of the chapter is an important one because it gives you an opportunity to evaluate your own relationship to time. Time is the way we experience the fourth dimension and so it provides an important view into the new dimension of living that we’ll be exploring throughout the rest of the book.