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Introducing the latest book from Simple Living Expert Wanda Urbanska

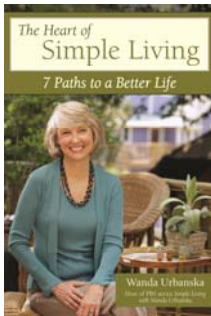
“The Heart of Simple Living: 7 Paths to a Better Life”

On Sale May 11, \$19.99, Paperback, 255 Pages

ISBN-13: 978-1-55870-889-1

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Advance Praise for “The Heart of Simple Living”



“Filled with stories from her own life, she offers an overarching vision for a way back to balance in home, finances, everyday life, and community.”

Sarah Susanka, architect and author of *The Not So Big House* series and *The Not So Big Life*

“Wanda Urbanska is the real deal – a long-time sustainability advocate, author and PBS producer/host who walks the talk. In ‘The Heart of Simple Living,’ you’ll find a wealth of inspirational guidance and practical solutions for charting a new course in your life. This gem of a book couldn’t be more timely.” **Ed Begley Jr.**, actor and environmental activist

“Wanda Urbanska has turned her years of research about simple living and the highlights of her popular PBS television series into a wonderful guide for the rest of us.... Her ideas separate real wealth from the glitter of American over-consumption, and they are sure to enrich every reader.”

John de Graaf, co-author, *Affluenza: The All-Consuming Epidemic*

May 11, 2010 – Sustainability advocate, television producer/host and author Wanda Urbanska has been identified by *The New York Times* as “a spokeswoman for a phenomenon known as the simplicity movement.” In her latest book “**The Heart of Simple Living: 7 Paths to a Better Life**,” Urbanska shares her wisdom in one remarkable volume, laying out 7 clear and inviting paths to the lifestyle for our times.

Through thoughtful and concise writing, Urbanska guides readers on a journey to live better with greater vitality, on less. Simple living, she maintains, is many things: a philosophy and an ideal, a potent tool for self-discovery and a change agent for anyone seeking work-life balance amidst economic turbulence.

“The era of overconsumption is over,” declares Urbanska. “Now more than ever, Americans are embracing values of simplicity, understanding that less is more and finding more meaning in their lives through friends, families and community.”

“**The Heart of Simple Living**” is an easy-to-follow guide for anyone wanting to enhance everyday life, while looking to bring their lives and homes into balance. Her 7 paths include:

- The Path to Financial Independence;
- Meaningful Work;
- Housing Happiness;
- Reclaim Homemaking;
- Back into the Kitchen;
- Beating a Path to the Garden; and,
- Reclaiming Ritual & Community for Life.

As someone who has led a life of simplicity, Urbanska understands and conveys in “**The Heart of Simple Living**,” that as Americans lower the bar of material expectations, they free up time and resources for family, community, spiritual pursuits and life-enhancing personal and domestic routines. While the journey to the simple life is a long-term proposition rather than a quick fix, Urbanska’s latest work helps readers get started on the path to a happier, more harmonious life.

“The financial crisis of the past several years has served as a powerful wake-up call, and Americans have rapidly changed course,” said Urbanska. “Today, we’re saving more, consuming less, and being more conscious when we do buy. If the downturn taught us anything, it is that the person driving the paid-for car or living in the low-mortgage home is on more solid footing than the one who is overextended.”

Urbanska has followed the paths she prescribed, living in the fast lane in New York City and Los Angeles, before moving to the country where she grew fruit and vegetables and engaged actively in community life. She has recently returned from a sabbatical in Poland, where she has lived car-free with a minimal amount of possessions in a shared housing situation while continuing to make observations about how to live well.

About the Author

Wanda Urbanska is the author or co-author of eight books, including *Less is More*; *Simple Living*; *Nothing’s too Small to Make a Difference*; *Moving to a Small Town*; and *Christmas on Jane Street*. A graduate of Harvard University, she makes her home in North Carolina, where she is raising her 12-year-old son, Henry.

She has been tapped for her expertise by such media outlets as *The Oprah Winfrey Show*, the *Today* show, NPR’s *All Things Considered* and *CBS This Morning* to champion sustainable lifestyle choices. She is host/producer of America’s first national television series on sustainable living, *Simple Living with Wanda Urbanska*, which premiered on PBS stations in 2004. Her work has been published in such outlets as the *Washington Post*, *Vogue*, *Glamour*, *Mother Earth News*, *Natural Home*, *Shape* and many more. Her web site is www.simplelivingtv.net

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More Advance Praise for “The Heart of Simple Living”

“Remarkable in her ability to be wise without being sanctimonious, persuasive but not preachy, Wanda Urbanska has for more than twenty years been a beacon for eco-friendly, sane living in our ever-more-acquisitive world. This entertaining and illuminating book delivers a heart-healthy meal of good advice, with a dash of humor and a heaping tablespoon of common sense.”

Leonard Kniffel, Editor and Publisher, *American Libraries*, the magazine of the American Library Association

“*The Heart of Simple Living* says it all – no one has more heart than Wanda Urbanska, and no one is better able to take you on an enchanted simple living journey. Follow her clear pathways to a sustainable lifestyle and you will not only ‘grow flowers for your body and soul,’ you will find that your entire life is a bright bloom for the planet. It happened to me.”

Carol Holst, director, Postconsumers.com

“Wanda is a dynamo of good sense and goodness who, with wit and wisdom, invites us to explore a life of sanity and satisfaction. *The Heart of Simple Living* offers a treasure-chest of ideas and suggestions for growing a life of creative and compassionate simplicity.”

Duane Elgin, author of “Voluntary Simplicity,” “The Living Universe,” & “Promise Ahead”

“*The Heart of Simple Living* is a marvelous guide for anyone wanting to improve the quality of everyday life. Useful and sound advice from one of our wisest experts in the field of simple living, this book is a must-read.”

Richard Louv, author of “Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder”

“I love Wanda, and I love Wanda’s new book! No phoniness or self-righteousness here, which reminds me of something I’ve always known — simplicity people are wonderful people! My conclusion? Read this book, and you’ll be wonderful too!”

Cecile Andrews, author of “Slow is Beautiful” and “Circle of Simplicity”

“Ironically, simple living can seem overwhelming to many people. Where do we start? How do we start? With this book, Wanda Urbanska – a compassionate, knowledgeable and tireless advocate for simple living – offers an all-encompassing guide to the good life. Wanda’s practical advice and personal stories weave together for a satisfying and enlightening read. This is a book for our times.”

Robyn Griggs Lawrence, *Natural Home* magazine editor-in-chief, author of “The Wabi-Sabi House”