

“Recycle all those other self-help books -- this is the only one you will need. The secret to a true, deep happiness can be found in these beautifully personal stories from ordinary Americans.”

ALEXANDRA PAUL, Actor and Activist

There is an important perspective to emphasize about joyfully dropping needless wanting in a desperate world filled with extreme wanting, and in a confused country obsessed with wanting for the sake of wanting: everyone's ideas about wanting are different. These twenty authentic stories cover a spectrum of those underlying ideas and a range of self-styled, personal solutions – no one size fits all. It's ultimately up to me to decide where my peace of mind lies, as each of you may decide yours. – Carol Holst, from the Introduction to the book.

“GET SATISFIED” is a wonderful antidote to our over-stuffed and over-rushed world. Through the powerful stories of 20 people who were at one point in their lives just as over-taxed and over-extended as the rest of us, we are given insight after insight into what really makes life satisfying and complete. Sometimes that understanding has come through a tumultuous and unexpected life experience, sometimes through conscious choice, but always with the end result that life has changed markedly and delightfully. It may not be a simpler life, though sometimes it is, but it is certainly a life in which the delight of being fully alive permeates every day and every breath. This is the promise of what it feels like when you know, unequivocally, that you have enough.

SARAH SUSANKA

Author, “The Not So Big Life: Making Room for What Really Matters”

“A book for every American who wants to break free from the tyranny of overload, overconsumption, and environmental insensitivity to find a simpler, more satisfying life. This book is a watershed in America's quest for national and planetary sanity.”

WANDA URBANSKA

Host/Coproducer, **Simple Living with Wanda Urbanska**  
public television series

**“Get Satisfied: How Twenty People Like You Found the Satisfaction of Enough”**

Foreword by PETER C. WHYBROW, M.D.

Edited by CAROL HOLST

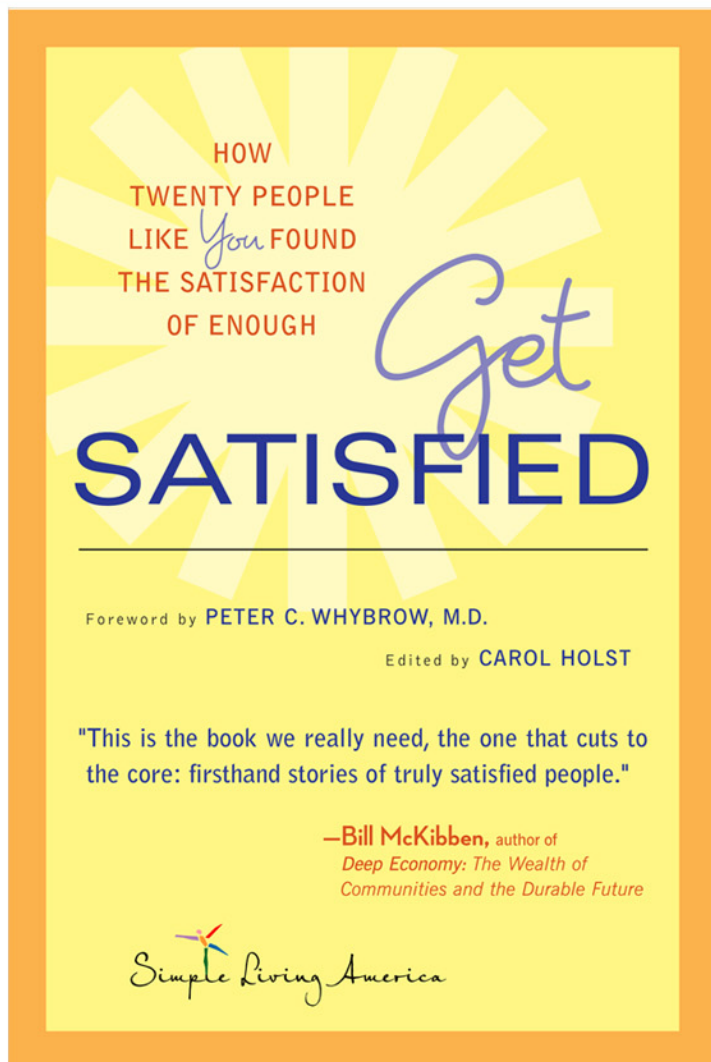
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Dedicated website: [getsatisfied.org](http://getsatisfied.org)  
Extensive online marketing, including author webcasts, town meetings, outreach to and links with hundreds of influential websites, word of mouth campaign through Simple Living America membership.

Television and radio appearances in support of the book and Get Satisfied campaign by actors and other celebrities.

- \* lime.com and Lime Radio on Sirius
- \* Simple Living with Wanda Urbanska on PBS
- \* Dave Chappelle Show
- \* Worldchanging.com
- \* Dr. Drew
- \* Pacifica Radio
- \* KCRW
- \* Fresh Air