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247239Y6ER7FDSUFDMXBMETIW9Y72346DE8YGGIEGIDBHWRY74YTGIJSFBOWETWERTYUSE
H647AYEURIHOEWUAIDHRUEWOA848326T7FHABSBO8TTDFE73829FNDBEJTYI4393TYFB'
ISHUIWIOW7843HI9PFJE88G7SDFGBWKHRWET856847FGHFBWETI43694368246724609F
1294FHLHDFGKG4367893468979EYT89DFGHUIDFGSDIUWER890809ERFGDFJNVKNJWQLN
987WETGWTUIFGOSGOINXKG98E734CIRCUSJE9523Y5I2OTHDVHDJGI39T5YWGFHSIG93Y:
/74YTGIJSFBOWETWERTYUSGHSDGRY2<mark>4G7EG</mark>HDWFNYETB46987WETGWTIUWTU4367WE8FI
174202Y744294FHWE0FHG9EHRD848326T7FHABSB4FHJE0FHG9EHRO848326T7FHABSBI
WFNSETB46987WETGWTIUWTU4367XXE8FRET424425838383967IL7L3HFG9G83YTHE92UI
IW9Y723460E8YGGWEGIDBHWRY74YTGIJSFB<mark>OWUYTRW</mark>DVSNXKG98E734JDBSFIUE9523Y:
STYFBVNG396YEHLT06837RUGHDBJH93YET8<mark>agudsfvsacv</mark>eth247239Y6er7fdsufdmxb
witchcraftkkrketyey8436904y8G5GiJ5f8<mark>f5fiJiDiH8T99</mark>G5BS6G8H7DerwtJfGSH5Si
KRKETWEY8436904Y8G5GIJ5F8F5FIJIDIH8T99G5BS6G8H7DERKTJFGSH5SGFJ4A3460HD
DIUGFEW78342879Y97823478T8FGHJKGDFB<mark>JKNFSBERWUO</mark>T34BFJBKFGDJERWW4IFBHF
DBHWRY74YTGIJSFBOWUYTRWDVSN<mark>XK@</mark>98E734JDBSFI367893GHUM4H8F5FIJIDIH8T990
WJSFBOWY8G5GJJ5F8F5FJJIDIH8T99G5BSGG8H7DERWTJFGSH5SGFJ4A346OHDFGNVBBL
9523Y512OTHDVHDJG139T5YWGfHS1G93Y5UFD<mark>OUWRGQT8</mark>7YQ3TKJDHVBAFGHERTE8FJY
JFDMXBMETIW9Y7Z346DE8YGGIEGIDBHWRY74YTGJJSFBOWETWERTYUSGHSDGRYZ467FGH
GHERTE8FG9EHRO848326T<mark>7FHABSBD8T</mark>TDFE73<mark>829FN</mark>DBEJTYI4393TYFBVE396YEHL
I2Y744294FHWEOFHG9EHR<mark>0848326T7FHABS</mark>B4FHJEOFHG9EHRO848326T7FHABSB08TTC
IET4244258383839346Qrt08G7S0FGBWKHRWET856847FGHFBWETI4369436824672460
FGKLHDFGKG4367893468979EYT89DFGHUIDFGSDIUWER890809ERFGDFJNVKNJWQLK23
                       XKG98E734JDBSFIUE9523Y5I2OTHDVHDJGI39T5YWGFHSI
RY74YTGIJSFBOWETWE<mark>rtyusghsogry2467fghdwfnyetb46</mark>987wetgwtiuwtu4367we8
RT74202Y744SCALPHU<mark>nters ehro848326T7FHABSB4FHJEOFH</mark>G9EHROSCALPHUNTERSO:
                    JWTU4367XXE8FRET424425838383967N.7L3HFG9G83YTHE92UGI
9Y723460E8YGGWEGIOBHWRY74YTGIJSFBOWUYTRWDVSNXKG98E734JDBSFIUE9523Y5I2
FBVNG396YEHLT06837RUGHDBJH93YET8AGUDSFVSACVETH247Z39Y6ER7FDSUFDMXBME
OSFKKRKETYEY84369D4Y865GIJ5F8F5FIJIDIH8T99G5BSGG8H7DERWTJFGSH5SGFJ4A34I
EY8436904Y8G5GIJ5F8F5<mark>FIJIDIH8T99G5BS6G8H7DERKTJFGSH5S</mark>GFJ4A346OHDFGNVBBI
/78342879Y97823478T8FGhjkgdfbjknfsberwudt348fjbkfgdjerww4ifbhfsdhgyu!
74YTGIJSFBOWUYTRWDYSNXKG98F734JDBSFIUE9523Y5I2OTHOVHDJGI39T5Y6GFHSIG93
FBOWY8G5GIJ5F8F5FIJIDIH8T99<mark>G588G68H7DERWTJFGSH5</mark>SGFJ4A34G0HDFGNVBBL2EKI
T93509FGKLHDFGKG4367893468BHWRY74YTGIBWETI436943682467246D9R88
ILTO6837RHVBAFGHERTE8FJWJSFBOWY8G5GIJ5F8F5FIJIDIH8NJAHUI547893NYTUSUIH8
SGFJ4A3460HDFGNVBBL2EKLQWT93509FGKLHDFGKG4367893468BHWRY74YTGIB
98E734JDBSFIUE9523Y5I2OTHDVHDJGI39T5YWGFHSIG93Y5UFDDUWRGQT87YQ3TKJDH1
247239Y6ER7FDSUFDMXBMETIW9Y723460E8YGGIEGIDBHWRY74YTGIJSFBOWETWERTY
VOSTY INUVEXCOUEDTESCOCUDOSASSOCTICUARREDISTRICCIOSSOCARRE ITVIAGOSTYCEN
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## INDEX

今日 Daddy同Mummy都赔保屋仓、、、、、已经第七日徐世架 水拉,應承我一家人去食飲,次次都放飛機又訪日日都 有飯食,做野緊蛋口,、、、、、哼气、/

自己一個係及企超無卵羅電視劇套套都差哈多明的 剧情 到時 到問呀!!! 一個人食飯 煮飲又暴 煮完都去想食都像出锅食好 鲜都有得食 哈同我食就算啦~

今日餐放題起正食完又可以去shopping、個個月都有3000數零用錢、都唔知點洗好。今期了chanul手袋时的shion 緊緊買返幾個 屋仓個幾個都如此架啦等我聽日雙侮阿姨先送新袋伸佢佢一定開心死

作有件事搞到我超 Sad 耀 烟烟风雾 Jessie 又摇我 就自己咯息吃 200 蛟喝 真像嗅死人 烟 ng 牧跃吃都喷轨 搞吃一大輪 属原來作自己借吃比人耀 100 真像月便停順 比人激 親 1条纸箱 号順 好在頭先击 吃 shopping 满载而歸

总括祭讲,今日都哈伯好linuly,但買野真伯好開的呀正是了二

Grood hight, diary!

蘇菲

## 

发生的现在对现场运转,变得变到降sad特种可能给吗! 不管额就我们自己就是吃的说的的钱呢,以是,临市 打电话叫 Dad Mum 维维之。 最近我真是獨不軍行。倒霉至極點,彷彿被衰神身 接而來,如同洪水猛獸、奪去我的呼吸,難受極了

運的開端是從一個電話開始。大根點達期一上 梁期間 一部他認為是事故後吧!畢竟 的狀況。怎科,這個電影的接受是生如我是我的信用卡麵已經用完

都受到目學們的嘲誦,該作

開打哩!不斷朝我的東西,按好敬捷,成功齊開致擊,安到達記部陣營。

一段時間,以解單思之差。然而,我的痛苦不但沒有減輕,不更為嚴重 站在那些橱窗面前,每次都幾乎格不開目光學問到家後也視不守意,滿腦的都是路鄉等 袭·衣服,并心揪着一看着了頭也痛着、混沌着,人也變 受不了精神上的 麓

本一怒之耳然扔掉好美烟名牌子袋、十美莲衣服采集影響方。冷静忽起来心便更痛。不久,便新倒了,爱着高度,直至收到走在建筑的处理空涯沿来的新染色牌混乱,我们就是一度的家美口,我只能放发着的,想见他到学校会办家美口。到校长年的新教到人們的注自禮,也聽到都有人们情情等最高是沒多玩的。我们都感到十分整介,如坐針頭,著馬外等後的時間簡直度內处午。與母主在2月28日到以下接受有废弃了年審訊法庭的裁决,直解炮

善解人意的粗記,解該我到底做錯了什麼?居然要承急這樣的痛苦,一切的起源就是自那處死的電話,我真是根毒它了。謝謝你,我那可愛鄉週記,願意默默地聚藝我奶遭遇。我的感受,我想在舒服多了,謝謝!

,竟是对人类,更改以地色色变人。这种言和"整"。它到过20间降等。 现立业思生态。但是都是是可说:"你没有不由思到来够求从夏春春

次原兰的省北 (都是因為均重是值置語 "美华超丘日米葡萄花品有 带毫像下三条時間,大解單是之差。然而,美田精并不行政有或转骤而正当 服命 本

如多如是 如此 有处种 泰子林子的 (大) "是"你是一次不可爱,海绵6年近46年,

侵不J 株林上的 麻 中海 J 联 U 随意 J 具 立 基 , 人 也 要 得 秦 逐 起 末

247239Y6EI  H647AYEUF	R7FDSUFDMXBMETIW9Y723460E8YGGIEGIDBHWRY74YTGIJSFBOWET RIHOEWUAIDHRUEWOA848326T7FHABSBO8TTDFE73829FNDBEJTYI4	WERTYUSE 4393TYFB
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1294FHL		W. JWILL
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1/41 blush	時間: 1400-1430 Time: 1400-1430	367WE8FI
MEMBER DAY	kZ39+nWeUrnu3enkU8983Zbt ===85389+nJeUrnu3enkU8483Zbt	VED PR
MLN9F1040	確診病症:過度消費(購物狂)	1523V
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DRHWR 74	00 \A-4=\0.	8T99F
W.ISFREWY	跟進情況:	INVERI
9523Y5 70	1.瘋狂購物的情況有明顯的改善,唯仍然	FR F8F.IV
<b>UFDMXE</b> ME	偶爾購買一些奢侈品,不能控制自己的購	12467FGH
<b>GHERTER</b>	<b>物慾。// / / / / / / / / / / / / / / / / / /</b>	39 GYEHL
2Y744294F	HWEDFHG9EHRO 44825 ASSB4FHJE8 BJEHRO848326T7FBA	BSB08TTE
ET4244258	②.經常將過度消費「含理化」,如「今次 中	24672460
FGKLHE	最後,明天會改」,減少自己的罪惡感	QLK23
DUHOR	成反 初入首队」 //《夕日已时作》	SIG93
RY74YTELLS	2 点束 1 和职士供线唯罗心面标。	43 i7WE8
R174202	3. 向家人和朋友借錢購買心頭好。	FK20
LN2F1R	E/V 216W	92UG
9Y/Z345Ut	4. 在「自約」期感到不安、焦慮,害怕錯	37512
LEANP	失最後購買機會。	FO AXBME
LVO VOC	VET 545 USUA TOTO THE TENED OF THE TOTO TO THE TOTO TO THE TOTO TO THE TOTO	14A34
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HTTIGR:	HVB & EGHERTERE IN ISEROWYRESGLISERESELIIDIHRN. IAHIIIS 47803 N	SUIHE
SGEJ4A34	O	74YTGIB
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INDA/ATEUKINUEWUAIUNKUEWUAO463261/FNAGA6011VFE/3627FNJ65111	40001110
IDUIMIIM/843HIBPEIF886/SUFISHWKHKWF183684/FISHFBWF1143694368/	16//46/19/
1294FHLHUF6K64367893468979EYT89DF6HUTUF65DTUWER89U8U9ERF6DFJN	AKMIMATA
1987WEIGWIDIFGUSGUINXXG38E734CIRGUSJE9523Y512UIHDVHDJG13915YWD	1693Y
774YTGIJSFBOWETWERTYUSGHSDGRY2467ÆGHDWFNYETB46987WETGWTHJWTU4	36 WE8F
[74202] 備註: 過度消費   [BARSZ   MARSKA H. [F]   H. [BARSZ   MARSZ   MARSKA H. [F]   H. [BARSZ   MARSKA H. [F]   H. [BARSZ   MARSZ   MARSKA H. [F]   H. [BARSZ   MARSKA H. [F]   H. [F]	ABSB
WENSET Remarks: Over consumption (R1,2)	3 HE92U
	11523Y
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WITCHE Next visit:6/2/2023	122H2
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DILICEF W79247979V979797279FCH IKCHER	WWAIFRHE
DRUMPY 76VTCLICED DWI INTOWN VON WOOD COME DO SCULINA JUSTICE	OTOOC
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Second Visit:3/6/2023	וניום ביים געוניו
PURDIT DEPO CURRO APROCES	TZ90/FUN
2/74/2 主診醫生:李頌驀醫生 Doctor:Dr Charlie Le	
	00111
E142442583838383834541	72461
FGKLHUF BK BAS B789.34 BBB BBB BBB BBB BBB BBB BBB BBB BBB B	ULKZS
DOHOKOEKWODILEO20	SIG93
RY74Y LIJSFBUWEI WEI	JAST/WE8
RT742U2Y744SCALPHL	FK20
FNSETB46987WETGWT	92UG
9Y7234GOERYGGWEGIDE	37512
FBVNG396YEHLT06837HUGHT LINUS VEIRAGUDS EVSALVETHZAZZESYGER7FDS	JED MXBME
DSFKKRKETYEY84369D4	SEF J4A34
EY8436904Y86561J5F8F5	NVBB
V78342879Y97823478T8FGA	HSOHGYU!
74YTGIJ SFBOWLIYTRWOVSNXKBABE / SALIJEBE ZAVE IZ LIEDVHDJGI39T5YB	GF SIG93
FBOWY8G5GLI5F8F5FLIIDIH8T996	3LZEK
T93509FGKLHDFGKG43G78934G88RWRY74YTBT8WET143G943G824G724G	19 88 GYE
HLTOG8;7RHVBAFGHERTE8FJWJSFBDWY8G5GJ5F8F5FJJIDJH8NJAHUJ547893	SUIHE
SGFJ4A3460HDF6NVBBLZEKLOWT93509F6KLHDF6K64367893468BHWR	YAYTGIB
98E734JDBSFIUE9523Y5I2OTHDVHDJGI39T5YW	<u> </u>
98E734JDBSFIUE9523Y5I2OTHDVHDJGI39T5YW SECRET	
VOSTV INAVENTERECREPTES CONTRACTOR AND	V3031AEBI

療:認知行為治療 採取洞見取向的方式 讓他們知道自己的問題,導致的原因 72 自己的失控行爲。分辨「必要」和「想要」如將自 己想買的物品以紙筆詳細列出,並將購買的物品按 LHI 輕重緩急分類詳列 培養更有意義的興趣,轉移注意力 如看書、運動、聽音樂。改變生活節奏,避免 因壓力而導致購物。 ||FDMXFTreatment: Cognitive Behavioral Therapy(R3) take insight-oriented way -let her know what the problem is, causing her W74VIII own runaway behavior. Distinguish between 7420/"necessary" and "want". If they have want to buy the items, a pen and paper must be used to list in detail, and set out the priorities classification of the purchase of the items 78342 - To cultivate more meaningful Interest, to Ill divert attention, to relieve the emotional, such wy as reading, sports, listening to music. Change the rhythm of life, and to avoid the pressureleading shopping.

SHS

4601

O8T

724

7W

ERS 92U

3Y5

IXBI

IAA3 NVB

HGY SIGS

3L2E

88G

SUI

YTG

247239	Y6ER7FDSL	IFDMXBMETIW9Y723460E8YGGIEGIDBHWRY74YTGIJSFBOWETWEF	TYUS
H647A	YEURIHOEV	VUAIOHRUEWOA848326T7FHABSBO8TTDFE73829FNDBEJTYI439	3TYFB
ISHUIW	/IDW7843H	IGPE.IE88G7SDEGRWKHRWET856847EGHERWETI4369436824672	4609
294FH	LHDF6KG43		JWQL
987WF	TWILLER	DSGNINXKR98F734CIRCUSUF9523Y5I2NTHDVHDJGI39T5YWGFHS	1693Y
774YTG	確診病	症:過度消費(購物狂)	WE8F
74202	Y744794FH		ABSB
WENSE	P PACE OF THE STANDARD PRINT IN SIDE	經常專注於無法抗拒的購物想法或衝動行為	IE92L
W9Y72	A risk of their part and territory of their a		523Y
RTYFRY		着重感性消費,忽略理性客觀的目標	DMXI
WITCHO	RAFTKORK	消費的刺激感使自己不能自控購物	SHSS
KRKFT	AFVRA DIT	發生購物行為時,情緒並非處於狂躁或輕躁	460H
THIEF	W7834287		<b>JIFBH</b>
DRHWE	V7AVIGUS		8T99
W. ISFRI	Diggn	oses: Excessive consumption	IVBBI
			FRE.IV
IFIMX	(shope	inolic)	67FGF
CHERT	RECOLUD		<b>GYFH</b>
7Y7447		often focus on the irresistible shopping	D8TT
Francis 2	March 1970 of the State of the	or impulsive behavior	7246
EGKI HI	TERYEARS	RAZACIO EL MUNICIPI DE LA MEDRADIRA DE DECENE INVENTIMI	DI K7
DIHUB	DERWINIE	facus on amotional consumption is	SIG9:
7V74VT		focus on emotional consumption, ig-	7WES
717470	noring	the rational and objective goals	ERSO
FNSETE	ACUSTWEI		97116
9V772/	enegy On	consumer excitement could not control	3751
FRVMC	their o	wn shopping	AYRM
UZEKK	DIVERVEVO.	SEGULATION OF THE SECULATION O	14424
EANY SE	SOUVABORE	(15G)	NVRR
1702/17	670V0 109	when shopping, emotion is not in a	HEAL
7/VTCI	manic	or hypomanic	CICOS
ERUM	RESELECT		31 7 F K
T0250	DECKI MUE		BOCA
NILLED	OTOLIVO A CI		1000
CCCIVI	GARDINAN 12ARDUNAN		ALCID
146700 1007390	Inpecilier	1522VSI20TUDVUD ICI20TSVIII CECO	111111
105/34 105/34	NGCO7ENCII	SECRET	
VTCUV	TOCK/FUAL	ILDIAVOMETTAJ1/5940REGLOO	TVED

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JSHUJWITIW7843HI9PEJE88G7STIEGRWKHRWET856847EGHERWETI436943682467	246091
294FHL HUFEKG4367853468573EY 185UFEHU UFESUIUWERKSUSUSERFEDIUNYK	MITH
987WE Symptoms:	16931
74116L376UWETWERTTUSHISDURTZANAEGHUWFNTETBABBS7WETBWTUWTUASB	WEBFI
Overbought without ability to bear	ADJDI
the fee of the bill, e.g named brand,	1572VI
cosmetic, dressing; Bought whenever they	CDMAK
WITCHE want, but not they need, even overtime is	12542
KRKETV spent 4/8/56/15/8/56/10/8/3	4BOHO
DIUGFEW78342879Y97823478T8F6H, IKGDFB	4FBHF
Never pay credit card bills, no	8T990
MISFBL notification of the bill of bank, cancel the	WBBL
	EBFJY
FINAL phone number account when asked to pay	67FGH
GHERTE the bill 8483267 TOFE73829 TOBE TY 14393TY FBVE3	6YEHL
2Y744294FHWEUFHG9EHRU	USIIL
Feel excited when shopping, out of	72460
control, but feeling worry and sorry for her	RILLOS
DUTION behavior	COMES.
PT74202V744SCALPHI MIERO MINASAS EMANSKALMIRI EMEGENDOSCALPHILI	FRSD
FNSFTR W When she feels sad, if there is credit	971161
9Y7234 cards or money, it will be used to shopping to	237512
FBVNG satisfy her consumer sentiment	AXBME
OSFKKRIKETYEY84369U4	14A341
EY8436904Y8G5GIJ5F8F3	NABBI
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/4Y GLJSFBUWUY I RWUYSNXKOB	21693
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VICTAL INTRACEREDATE DE COERDO SA SA SEL SE	STYER

第一次到診日期: 2023 年 5 月 15 日 First Visit:15/5/2023 主診醫生: 李頌驀醫生 Doctor:Dr Charlie Lee 時 間:1300-1330 Time: 1300-1330 病徵:1.經常購買超過自己能力所能負擔之物品, 如名牌手袋、化妝品、衣服等,該物品並非所需, 或所耗之時間超過預定之計畫。 44.2. 欠下卡數,不願正視銀行賬單或款信,甚至在被 追數時取消電話號碼。 20/3. 進行購物時表現得十分興奮,不能自控;但於事 SETB 後為自己所做的行為感到後悔和內疚。 4. 情緒低落時,只要身上有足夠的金錢,便會馬上 到商場店舖購物,滿足的自己的購物意慾。

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## 病人病歷紀錄

姓名:蘇菲

Name:Sophie So

性別:女

Sex:F

年齡:16

Age:16

出生日期: 2007 年 7 月 19 日

Date of Birth: 19/7/2007

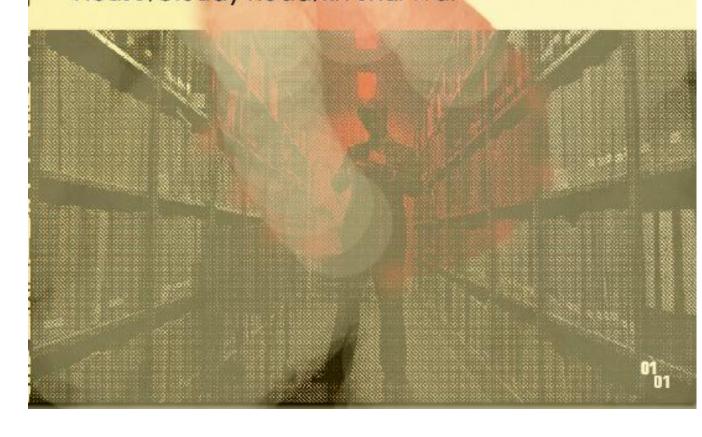
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YRARHIGPE.IFRRG7SDEGRWIKHRWETR56RA7EGHERWETIARGARGR? Now consider how long we have before we consume enough of Earth's natural resources so that human life is no longer sustainable. If The Story of Stuff is accurate, we know that 30% of Earth's natural resources have been consumed in the past 30 years. Let's use a conservative estimate of 10% for our global consumption of natural resources in all the previous history up to 1975. Just a guess, but it would appear to be a conservative estimate. This means that we have consumed 40% of Earth's total natural resources up to this moment in human history. No matter how you graph this data, you will generate a consumption curve that is exponential. With a little extrapolation, you would also realize that the human population is likely to consume another 30% - 40% of Earth's remaining resources within the next 10 years. This means that sometime before the year 2020, mankind will have consumed 80% of Earth's natural resources. Many would probably like to assume that we have until 2020 to fix this problem, but this also assumes that we don't run out of some essential resources before then. What happens if 100% of drinkable water, forests, or coal runs out before then? It doesn't take a genius to understand that the only way to achieve sustainability in any environment is to consume only what can be replen-

It doesn't take a genius to understand that the only way to achieve sustainability in any environment is to consume only what can be replenished or replaced at an equal rate. Not only is our current rate of consumption unsustainable and irresponsible, but our rate of consumption over the next few years will be catastrophic and unconscionable. Does anyone really believe that with a continuously expanding world population, that our consumption rates will stabilize or actually start reversing?

The only way to reverse this spiraling abyss would not only be to halt consumption at their current levels, but we would actually need to reduce our consumption levels to those of nearly 50 years ago. And how do you accomplish that when the world population is continuing to expand out of control with more and more people are uneducated, starving, and suffering?

The Earth experience involves learning everything from conscious evolution to sustainability. Learning to replace what we have destroyed and depleted is part of this experience, but more importantly is learning how to balance our existence with nature.

Here is a quote from the movie "Matrix" that expresses man-kinds' impact on nature and our natural resources. "I' d like to share a revelation that I' ve had during my time here. It came to me when I tried to classify your species. I realized that you' re not actually mammals. Every

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From The Story of Stuff which was released in late 2007, you may begin to realize just how unsustainable our current human population is on planet Earth. In the past 30 years, we have consumed 30% of Earth's natural resources. The worst part is that only a few of these resources, such as the forests, can even be replenished by mankind. To give some indication of the severity of this crisis, we now have only 20% of old growth forest remaining and 75% of fisheries are producing at or above capacity. The U.S., being the most abusive global consumer with only 5% of the world population, accounts for 30% of the annual worldwide consumption.

And to make matters worse, were you aware that 99% of raw materials

Stuff, please view their fact sheet or the website.

A few of Earth's natural resources such as trees and fish can be replenished, but the reality is that most of the other natural resources can never be replenished by mankind. Earth has a finite amount of oil, coal, and virtually every other resource that is used to sustain life or manufacture our consumable goods.

are discarded within 6 months by various means of being burned, buried, or tossed into the oceans? For more facts and information on The Story of

Recycling is the option that everyone likes to throw out as the way to save our planet and achieve sustainability, but this is only because people don't have all the facts. The fact is that for every one can of waste that's created by consumers, 70 cans are created by corporations. This means that consumers account for discarding only 1.4% of all natural resources that end up as waste. Unfortunately, the majority of

waste that's created by corporations and consumers is toxic or unable to be recycled.

Just for conversation, let's consider the possibility to recycle 100% of consumer waste or in other words, the entire 1.4% of the total waste. But what they also don't tell you is that, only about 15% of that waste is actually capable of being recycled. This means that in the best and most optimal circumstances, only .2% of consumer waste can be reused, the rest still ends up as waste. Is this shedding some light on the problem? The population has been brainwashed into believing that consumers are responsible for the problem and that all we need to do is home recycling to fix the problem. The bottom line is that unless we achieve a high enough recycling rate for corporate waste, recycling will not enable us to achieve anything except conscious awareness.

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A resource to patient R3 Over Consumption: To summarize, the human population has been allowed and encouraged to over consume, use and abuse our natural resources to a point where society at large is at an epic crossroads. In other words, as a globa population, we have not only become unsustainable, but are knocking on the door to our own extinction. The cause of this phenomenon can be traced back to various decisions by world governments and controlling influences from the Powers That Be (PTB) shortly after World War II. Whether it started with a paper by Victor Lebow, a 20th century economist, entitled "Price Competition in 1955" (Journal of Retailing, Spring 1955) or he independently reflected the conclusion of the PTB, doesn' t really matter. Lebow's paper discussed the cost of maintaining the American lifestyle in 1955. and the effect this cost had on retail profits. Lebow wrote: "Our enormously productive economy demands that we make consumption our way of life, that we convert the buying and use of goods into rituals, that we seek our spiritual satisfactions, our ego satisfactions, in consumption. The measure of social status, of social acceptance, of prestige, is now to be found in our consumptive patterns. The very meaning and significance of our lives today expressed in consumptive terms. The greater the pressures upon the individual to conform to safe and accepted social standards, the more does he tend to express his aspirations and his individuality in terms of what he wears, drives, eats-his home, his car, his pattern of food serving, his hobbles". He further wrote: "These commodities and services must be offered to the consumer with a special urgency. We require not only "forced draft" consumption, but "expensive" consumption as well. We need things consumed, burned up, worn out, replaced, and discarded at an ever increasing pace. We need to have people eat, drink, dress, ride, live, with ever more complicated and, therefore, constantly more expensive consumption. The home power tools and the whole "do-it-yourself" movement are excellent examples of "expensive" consumption." Even the Chairman for the Council of Economic Advisors, under President Eisen hower, stated the "U.S. economy's ultimate purpose is to produce consumer goods". At some point along the path to economic and social recovery after WWII, the concept of conspicuous consumption was born and integrated into the U.S. and eventually, the world economies. However, it appears that no one was raising the concern or red flag over sustainability of this innovative revolution which has lead us blindly to where we are today.

Over-Consumption - The Problem With Over-Consumption By James Lahey Over-consumption is defined as the unsustainable use of the planet's resources. Over-consumption is nourished by population growth and by the mentality of "keeping up with the Joneses". This mentality requires buying a constant stream of bigger, newer and better products which cause strains on our natural resources. Today, water supplies are dwindling because of rapid population growth, especially in the developing world. This is because of the way people consume water in developed countries. It is essential for people to reduce the amount of water they use every day to ensure that enough of this resource remains. This is not only to support for people living on the planet but for all its ecosystems too. Let's not forget that these ecosystems are at the heart of the world's agricultural production. Another problem with over-consumption is urban development. It can reduce wildlife and their ability to migrate to seasonal feeding grounds. Also, pesticide spraying on crops can run off in our water ways that can kill or harm fish. Even if wildlife is not directly involved in food production, such as insects or large mammals like a elephant, they all play a major role in the health and regeneration of the environment. By removing just one species can have a negative effect on the entire ecosystem. For instance, when wolves are removed from an ecosystem or when deer hunting is banned, the populations of deer increase well beyond the numbers that the local vegetation can support. This leads to starving deer or deer that has to move to new areas in search of food. James has been living green for 18 years. Please visit his website on turkey deep fryer that reviews deep fryer products such as a masterbuilt electric turkey fryer that every deep fried Article Source: http://EzineArticles.com/2770476 http://ezinearticles.com/?Over-Consumption---The-Problem-With-Over-Consumption&id=2770476

Another explained her credit card purchases, "I am paying a lot with credit cards, and I'm hoping the banks go out of business and I won't have to pay them back."

That was not from "The Onion" and those are genuine comments from real people, despite sounding like a outrageous parody of lazy, debt-ridden Americans. Some people are hopeless.

And we overeat, too. Several interesting studies have shown how we underestimate the calories of diet foods, trans-fat free foods, and meals from restaurants that are marketed as health-concious places with more diet-friendly fare. The result of this miscalcuation is that we eat more of supposedly healthier options and in the end consume even more calories.

Referred Link:

http://sambrummitt.blogspot.hk/2008/12/overconsumption.html

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Over consumption R1 You ever wonder how the United States could have a negative personal savings rate? The reason may be that whatever little we do save throughout the year we blow on holiday shopping in November and December. In an article about shopping during last week's Black Friday, one shopper remarked that "in the past she would 'spend thousands of dollars on Black Friday' - even withdrawing money from her retirement account." Another shopper on Black Friday justified her shopping spree on the recession. "The fact that the economy is down has actually led me to spend a little more this holiday season, because there are so many good sales out there today," said Owolagi, a nurse, who spent more than \$1,000 at three retailers by 8:30 am