

Getting a Life

- talking back to choice and complexity.

Everyone has too much to do:

Too many films to see, exhibitions to visit and gigs to go to.

Too many books to read and too much TV to watch.

Too much work to do, finances to sort out, laundry to wash.

Too many places to visit and friends to keep up with.

Too many shops to look in and too many products to choose from.

Too many clothes in the wardrobe.

Too much food in the fridge.

And too many items on this list.

We live haunted by the spectre of a missed opportunity, always wondering if we might not have found the perfect dress in the next shop, or had more fun at the other party. This is one of the richest societies that there has ever been yet when I ask people how they are, the most common answers are either 'I've been very busy' or 'I'm tired.' We work so hard at getting a life that we barely have time to live at all.

"Why spend money on what is not bread,
and your labour on what does not satisfy?"⁶