



Stufocation: Summary of the Key Ideas - Original Book by James Wallman: Why We've Had Enough of Stuff and Need Experience More Than Ever

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Materialism has influenced us to always want more and new things, but a lot of people are now starting to suffer from stuffocation. As we start to place less value on material goods and more on experiences, we are slowly making a shift from a society of consumerism to an experientialist economy.

Who should read this book:

- People who feel stifled by all the things around them.
- Anyone who wants to know how experiences can make us happier than material goods.
- People who want to escape consumerism and stuffocation.

In this summary:

Chapter 1: Materialism has made us unhappy and led to stuffocation

Chapter 2: Buying more will not make us happier and could even cause depression

Chapter 3: Minimalists try to own as few things as possible

Chapter 4: People feel more stressed and accumulate huge amounts of clutter

Chapter 5: Adopt a medium chill lifestyle to escape stuffocation

Chapter 6: Experientialists place more value on what they do than what they own

Chapter 7: Social media have changed how people determine their status

Chapter 8: Advertisers are starting to realize the importance of experiences

Chapter 9: Experientialism does not put an end to materialism

Chapter 10: Emerging nations will follow the path of the West

Chapter 11: Final Summary

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Virgil Arriola:

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Suzanne Mitchell:

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