

Graham Hill: Less stuff, more happiness

Writer and designer Graham Hill asks: Can having less stuff, in less room, lead to more happiness? He makes the case for taking up less space, and lays out three rules for editing your life. Graham Hill is the founder of TreeHugger.com; he travels the world to tell the story of sustainability, and tweets at @GHill.

① Before watching the talk, work out the following words:

- ✓ familiar things =
- ✓ to experience =
- ✓ possession =
- ✓ approach =
- ✓ to change life ruthlessly =
- ✓ majority of time =
- ✓ benefits =
- ✓ a bunch of days =

② While watching the talk, mark the following statements True or False. Justify the false ones.

- A. Americans have about four times the amount of space they did 50 years ago.
- B. Although Americans have a credit card debt and huge environmental footprints, they surprisingly feel happier nowadays.
- C. Less stuff and less space will not make your life easier, but it is a good approach to life.
- D. Graham Hill designed his house around his favourite things.
- E. The first approach is to throw away things, which you no longer need.
- F. Multifunctional spaces cost less.
- G. The designer recommends changing our lives by throwing away unnecessary things and using smaller, smarter furniture.