



sea change

Australians
in pursuit of the good life

CINDY DOWLING

Seachange Australians In Pursuit Of The Good Life

Charles Birch



Seachange Australians In Pursuit Of The Good Life:

Demographic Change in Australia's Rural Landscapes Gary W. Luck, Digby Race, Rosemary Black, 2010-11-30 The distribution and re distribution of people across the landscape has significant implications for ecological economic and social dynamics Movement of people to urban centres mostly from rural landscapes especially in the developing world is a major global phenomenon This can result in the depopulation of rural landscapes Conversely population growth and a changing demographic profile have been identified for particular rural landscapes with notable examples from North America Europe and Australia Yet we know little of the factors that drive demographic changes in rural landscapes and even less about the implications of these changes This book examines broad and local scale patterns of demographic change in rural landscapes identifies some of the drivers of these changes using Australian case studies or comparisons between Australian and international contexts and outlines the implications of changes for society and the environment This book makes a valuable contribution to the literature because it adopts an integrated and interdisciplinary approach by explicitly linking demographic change with environmental land use social and economic factors This integrated approach was achieved by encouraging interaction among authors writing on similar topics to ensure coherency and complementarity among chapters and cross pollination of ideas and perspectives Chapters are presented as interactive and reflective discussions that address the findings of other contributors yet each chapter contains enough background to stand alone as a unique contribution

Sea Change Cindy Dowling, 2004 We have all dreamed about it leaving the routine office job in the city and starting again out in the country doing something we really want to do in a location that gives us the lifestyle we really want Thousands of Australians have experienced such a seachange and in this book Cindy Dowling profiles the experiences of 20 such people Their stories form the heart of this book from those concerned about urban threats endangering their children to those who wanted to realise a long held dream and others who recognised a business opportunity away from the city As the stories show such change often demands unexpected hard work and a great deal of money and it doesn't pay off for everyone But for most a smaller pay packet is compensated by a more relaxed lifestyle a more satisfying family life and inner peace In three separate chapters Cindy Dowling also writes about the whole seachange phenomenon why it is happening now and who is doing it and what it involves in practical terms She describes what to consider if you are contemplating a change how to avoid the pitfalls and how to make the most of the opportunity

Rural Lifestyles, Community Well-being and Social Change: Lessons from Country Australia for Global Citizens Angela T. Ragusa, 2014-01-08 In our increasingly global world individuals are highly mobile and interconnected Politics policies and technologies foster interconnection amongst and within countries as individuals relocate from one place to another One key issue facing developed and developing countries is urban overcrowding In Australia urban density is one factor prompting institutions and individuals to embrace rural revival as a possible solution to urban congestion and rural decline In the past decade rural Australia has received heightened publicity

and interest as a lifestyle destination encouraged by national decentralization policies to alleviate urban overcrowding particularly the metropolises Melbourne and Sydney regional councils marketing initiatives and international refugee relocation Rural communities struggle in contrast with urban counterparts for several often complex reasons The realities of rural life are frequently marginalized while marketing campaigns evoke stereotypical imagery of idyllic lifestyles and bucolic pastures to sell dreams of country bliss to fatigued urbanites This edited e book is a collection of articles that explores rural realities of country life in Australia for global audiences interested in rurality health and well being By transcending disciplinary specific boundaries this multi disciplinary book not only presents contemporary challenges but also equips readers with evidence based knowledge to improve resilience in communities and individuals facing key issues such as aging depression disability environmental degradation limited service delivery and social isolation Utilizing a variety of social science research methods each chapter will enhance readers insights about rural amenities geography identity culture health and governance which impact wellbeing and lifestyle satisfaction Collectively this book exposes readers to ideas from a dynamic range of experts in the humanities social and natural sciences to encourage a holistic approach to developing solutions for a complex social world The content of this volume will interest a wide audience of graduates and undergraduates researchers professional practitioners and policymakers involved with non profit and government organizations and interested community members

Sustainable Capitalism and the Pursuit of Well-Being Neil E. Harrison, 2013-12-17 Sustainable development is the central challenge of the 21st Century How can human civilization continue to develop without destroying the natural systems on which it depends Environmentalists tell us that capitalism is the problem because it feeds our self interest They tell us that we have to restrain ourselves and only consume what the Earth can sustain Or governments must tell us what we can and cannot buy This book uses the science of complex systems to explain why governments cannot deliver sustainability or happiness and how self interest can be used to make society sustainable Capitalism won the Cold War until the Great Recession of 2008 it seemed to be the perfect system But more of us are unhappy even as it has ravaged the planet The central problem is the paradigm on which our social systems are founded that more consumption production possessions is always better Based on research from political economy philosophy and psychology this book shows that the problem is not self interest We are unhappy because we have been taught that our interests are material and that buying stuff will make us happy Yet social pressure to consume only prevents us from satisfying our basic psychological needs and fully enjoying life For that we need to pursue our personal well being Because this also reduces our material consumption environmental sustainability comes from each of us knowing what s truly good for our selves Even without the constant economic growth that harms the planet and damages our lives capitalism also is sustainable This book will be of interest to scholars and students of sustainability civil society activists and social entrepreneurs thought leaders and policymakers

Understanding Lifestyle Migration M. Benson, N.

Osbaldeston,2014-06-03 This book draws on social theories to understand lifestyle migration as a social phenomenon The chapters engage theoretically with themes and debates relevant to contemporary social science such as place and space social stratification and power relations production and consumption individualism dwelling and imagination **Culture of the Slow** N. Osbaldeston,2013-04-23 Across the world there has been a growing dissatisfaction with the tempo of modern life Described simply as the slow phenomenon this volume explores this new brand of living that entails not simply slowing down but an embracing of alternative activities that promote meaning thoughtfulness engagement and authenticity

Regenerating Regional Culture Jane Frank,2017-11-28 This book explores the significance of the international book town movement and its impact on contemporary society It examines how book towns have emerged and how their culture and unique characteristics help to explain a steadily growing phenomenon that has enabled peripheral communities around the world to reclaim their economic futures and impact on the cultural sphere as increasingly powerful sites and sources of creativity *Regenerating Regional Culture* assesses why at a time when the book industry is experiencing a profound transformation book towns are proliferating in Europe and across the globe It acknowledges the role of the book as a catalyst for this significant cultural activity and development The book is shown to be a unique and pivotal item of cultural consumption a remarkable artefact and more than ever before a springboard for contemporary cultural debate This work investigates how the reanimation of these down on their luck towns is attracting through a combination of nostalgia history and cultural heritage a growing middle class cohort who seek both intellectual stimulation and opportunities for serious leisure and wellbeing This book will prove to be a useful resource for understanding the impacts of book towns on art culture and society while also offering insightful research for those involved in existing or future development of book towns and other community cultural projects Daughter of the Reich Louise Fox,Cindy Dowling,2010 Large Print **The Happiness**

Riddle and the Quest for a Good Life Mark Cieslik,2016-11-23 This book examines the meaning of happiness in Britain today and observes that although we face challenges such as austerity climate change and disenchantment with politics we continue to be interested in happiness and living well The author illustrates how happiness is a far more contested social process than is often portrayed by economists and psychologists and takes issue with sociologists who often regard wellbeing and the happiness industry with suspicion whilst neglecting one of the key features of being human the quest for a good life Exploring themes that question what it means to be happy and live a good life in Britain today such as the challenges young people face making their way through education and into their first jobs work life balance mid life crises and old age the book presents nineteen life stories that call for a far more critical and ambitious approach to happiness research that marries the radicalism of sociology with recent advances in psychology and economics This book will appeal to students and academics interested in wellbeing happiness and quality of life and also those researching areas such as the life course work life balance biographies aging and youth studies Sea Change I. H. Burnley,Peter Murphy,2004 *Sea Change* is about population

turnaround It describes the very significant migration of nearly 1 million people from metropolitan to non metropolitan Australia over the last 30 years These movements have occurred in all states and most have been to coastal locations hence the title **Rural Revival?** John Connell, Phil McManus, 2016-04-15 How if possible to re populate declining rural and regional areas Examining this crucial and complex issue in relation to Australia this book explores how a particular organization Country Week has emerged and developed as one means of stimulating the repopulation of declining or stagnating areas While this is a problem shared by many other developed countries in Europe and North America Australia's Country Week programme puts forward an innovative range of place marketing strategies that challenge rural decline and urban migration and can offer new approaches which could be adopted more widely **Work / Life Balance For Dummies** Katherine Lockett, 2012-03-08 Find out what you really need to live thrive and survive Does it seem like the constant struggle to succeed at work is overshadowing other areas of your life Are your relationships suffering as you try to cram everything into a normal day Work Life Balance For Dummies will help you get your equilibrium back taking you through all available solutions from changes you can adopt within your existing workplace or chosen career to career changes tree changes and sea changes Discover how to Work out your priorities Put off procrastination and improve your time management Move your boss towards work life balance Cast your net wider and change jobs and employers Plan your sea change or tree change

Life and Work Charles Birch, 2003 To get higher profits we need to work harder and longer Right Wrong In this original book Charles Birch and David Paul look at the working lives of employees managers and executives and propose a new agenda for achieving a work life balance If companies get their relationships with employees and customers right profits will follow as a matter of course But too many organisations focus only on the short term bottom line and are insensitive to the emotional and spiritual needs and dignity of employees back cover **Downshifting in Australia** Clive Hamilton, 2003 Looks at Australians who downshift that is make a voluntary long term lifestyle change that involves accepting less income and consuming less in pursuit of a more balanced fulfilled life **Power and Politics in Sustainable Consumption**

Research and Practice Cindy Isenhour, Mari Martiskainen, Lucie Middlemiss, 2019-03-04 With growing awareness of environmental deterioration atmospheric pollution and resource depletion the last several decades have brought increased attention and scrutiny to global consumption levels However there are significant and well documented limitations associated with current efforts to encourage more sustainable consumption patterns ranging from informational and time constraints to the highly individualizing effect of market based participation This volume featuring essays solicited from experts engaged in sustainable consumption research from around the world presents empirical and theoretical illustrations of the various means through which politics and power influence unsustainable consumption practices policies and perspectives With chapters on compelling topics including collective action behaviour change and the transition movement the authors discuss why current efforts have largely failed to meet environmental targets and explore promising directions for research policy

and practice Featuring contributions that will help the reader open up politics and power in ways that are accessible and productive and bridge the gaps with current approaches to sustainable consumption this book will be of great interest to students and scholars of sustainable consumption and the politics of sustainability Australia's Rural and Remote Health Janie Dade Smith,2004 This examination of rural health services provision explains the concepts questions the bureaucratic systems and explores the opportunities for change It paints real faces onto the rural health landscape using innovative storytelling techniques historical accounts and real life experience supported by broad literature **Housing in 21st-Century Australia** Rae Dufty-Jones,Dallas Rogers,2016-03-09 Over the last two decades new and significant demographic economic social and environmental changes and challenges have shaped the production and consumption of housing in Australia and the policy settings that attempt to guide these processes These changes and challenges as outlined in this book are many and varied While these issues are new they raise timeless questions around affordability access density quantity type and location of housing needed in Australian towns and cities The studies presented in this text also provide a unique insight into a range of housing production consumption and policy issues that while based in Australia have implications that go beyond this national context For instance how do suburban based societies adjust to the realities of aging populations anthropogenic climate change and the significant implications such change has for housing How has policy been translated and assembled in specific national contexts Similarly what are the significantly different policy settings the production and consumption of housing in a post Global Financial Crisis period require Framed in this way this book accounts for and responds to some of the key housing issues of the 21st century **Prosperity Without Growth** Tim Jackson,2011 Tim Jackson a top sustainability adviser to the UK government makes a compelling case against continued economic growth in developed nations He provides a vision of how human society can flourish within the ecological limits of a finite planet Digital Nomads Living on the Margins Beverly Yuen Thompson,2021-06-11 In this increasingly neoliberal gig economy exponentially expanding with technological advances the ability to work online remotely has led some western millennials to travel the world to work and play while making a subsistence living as digital platform workers

Globalisation, Economic Transition and the Environment Phillip Lawn,2013-09-30 This book focuses on three critical issues pertaining to the broader goal of sustainable development _ namely the degenerative forces of globalisation ecological sustainability requirements and how best to negotiate the economic transition process

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