

# SYNOPSIS



## Less is More: How to be Happy with Nothing

### Weniger ist mehr - Vom Trend mit Nichts glücklich zu sein

The car, the library and a wardrobe full of clothes. Status symbols of yesterday. Today car sharing, swap markets and minimalism are booming as aspects of a lifestyle that rejects materialism. The cult of "less is more" is slowly spilling over from the United States to Europe.

"100 things and no more" promises a new happiness without the urge to spend. Critics see it as a lifestyle that is only open to the middle classes - after all, those who have nothing, have nothing to swap. Optimists believe in a change with the potential to cut capitalism down to size and see in it the harbinger of a more social interconnectedness and a way of life that protects the environment. A trend against capitalism? Or saving the world by conserving resources?

**Year:** 2014

**Run-Time:** 1 x 45 min.

**Directed by** Constanze Griessler and Franziska Mayr-Keber

**ORF/3sat**

Available worldwide

**Languages:** German (ORIGINAL) , English (DUBBED)

**Format:** 16:9

**HD**

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