



iWant: My Journey from Addiction and Overconsumption to a Simpler, Honest Life

Jane Velez-Mitchell

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'This is the story of my ch . . . ch . . . changes, which took me from insanity to clarity, from egocentricity to altruism, from alcoholism to activism. These changes have marked an evolution in what I want from this life. I am what I want. What I seek to consume, possess, and achieve is a mirror that reflects my lusts and cravings, values and priorities, and moral boundaries or lack thereof. I am happy to say that what I want today is much less toxic and self-centered than what I used to want. It's taken decades of selfexamination to peel back the layers and figure out what really makes me happy. And while I'm still searching for my ultimate bliss, I know for sure it's not what I once thought it was. It's not alcohol, cigarettes, money, food, sugar, or status symbols: I've consumed all of those in massive quantities, and they've just made me miserable. Now, I want what can't be tasted, smoked, worn, seen, or counted. It's the opposite of material. As sappy as it might sound, what I want is spiritual.'

?From the Introduction

In iWant, Jane Velez-Mitchell shares her candid and engaging story of the true adventure of her life, a journey of self-discovery that is still in full throttle. As she searches for the ultimate joy and freedom that come from living a compassionate life, she challenges all of us to learn from her examples to end destructive behaviors and embrace a meaningful existence alongside one another.

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Luann Bowen:

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