



# Living the Good Life: How to Live Sanely in a Troubled World

*Helen Nearing, Scott Nearing*

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In 1932, Helen and Scott Nearing moved from New York City to a farm in the Green Mountains of Vermont. Their purpose was to seek a simple life on the land, away from the stresses of the Depression and city life, LIVING THE GOOD LIFE, first published in 1954, presents a technical, economic, sociological and psychological report on how they fared.

"A prophet account of the creation of a self-sufficient little Walden in rural Vermont that has been an underground bible for the city-weary." (Newsweek)

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