This book aims to investigate possible ways of realizing a high quality of life combined with a sustainable way of living. The author studied the worldview, values and behavior patterns of four long-existing communities: the Amish, Hutterite, Franciscan and Benedictine communities. These communities offer interesting values and principles that lead to a relatively low impact on the environment and a structure that helps to maintain their quality of life. Particularly their choice for moderation, community-life and reflective change are challenging principles that may stimulate sustainability in Western society.

Martine Vonk (1974) studied Environmental Sciences at the Faculty of Social Sciences at the Catholic University Nijmegen. She did her PhD research at the Institute for Environmental Studies (IVM) at the Vrije Universiteit Amsterdam.