

An Escapologist's Manifesto

Introduction: Goodbye to all that!

1. Escape the Protestant work ethic

The history of workaholicism; the Slow movement; and lessons from Bertrand Russell; Herman Melville; Tom Hodgkinson and Bob Black.

2. Escape convention

Learn how to distinguish yourself with lessons from the Situationists, the Bohemians and the *avant-garde*; the history and dangers of conformity according to Stanley Milgram; the pitfalls of individualism learned from Edward Bernays.

3. Escape consumerism

How to embrace minimalism; the philosophy of the public library; reject dependency upon The Corporation.

4. Escape loneliness

Join the international community; reject Steve Jobs' lonely-making gimmicks; embrace Kurt Vonnegut's philosophy of life; and learn from the history of British pubs.

5. Escape the meritocracy

The problem with our economic meritocracy; how the ancient philosophers would have dealt with our problems.

6. Escape noise

Hear Communication Theory's difference between sound and noise.

7. Escape greed

Foster a generosity of spirit; learn from Hasidic Judaism, the early Christians and the modern Humanists.

8. Escape sessility

Physical and mental exercise in Ancient Greece and Rome; the discoveries of Alois Alzheimer; and the constant reneging upon New Year's Resolutions.

9. Escape anxiety

Why it is in the interests of The Corporation and The State for you to be nervous; diagnose your own Status Anxiety; embrace the Japanese discipline of *Wabi-Sabi* and avoid anxiety-producing media.

10. Escape government

How The State was bought by The Corporation in the 1980s; arguments of Anarchists and Libertarians.

11. Escape the fear of otherness

How to overcome the natural tribal mentality and understand why this is vital to the world and your well-being.

Endnotes

References and further reading

www.newescapologist.co.uk