

# tiny ...

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## Is less really more?

### abstract-

The term minimalism has assumed a multi-faceted definition and been used to describe everything from an aesthetic, to religious simplicity, to a personal cleanse from overindulgence. Operationally defined, minimalism is a societal movement in response to the excessive consumerist mindset adopted by many Americans. Anti-consumerism does not circumscribe the the "American Dream" as a commodity; however, it redefines a meaningful life as one full of experience and human connection. Additionally, research confirms a positive correlation between this minimalist lifestyle and personal health. Stressful living environments are conducive to poor mental and physical health. Therefore, a simplistic lifestyle, minimalism, offers a more internally-peaceful life free from external chaos.



<http://tinyhouseswoon.com/custom-tiny-living-home/>



<http://www.hgtv.com/shows/tiny-house-big-living/15-lessons-from-tiny-house-living-pictures>



<http://www.alamy.com/stock-photo/cluttered-garage.html>



<http://www.homecrux.com/2015/04/28/27142/ten-dual-duty-furniture-to-maximize-space-in-small-house.html>

### research-

- Tiny house living is an anti-consumeristic reaction towards housing. Research has found that clutter is connected to emotions. Owning less results in more personal peace.
- The tiny house movement is directly influenced by minimalism. Smaller spaces help to confine consumption.
- Less commitment, more flexibility, less materials, and more energy efficiency are all potential benefits of this movement.
- For some, owning a tiny house is the acquisition of the American Dream.
- Experiences add substantially to happiness because memories become part of personal identity.

### references-

Sanburn, Josh. "Minimalist Living: When A Lot Less Is More." *Time.Com* (2015): N.PAG. *Academic Search Complete*. Web. 8 Feb. 2017.

Priesnitz, Wendy. "The new minimalism: downsizing, decluttering, donating ..." *Natural Life*, Nov.-Dec. 2010, p. 46. *Science in Context*, [link.galegroup.com/apps/doc/A252383987/SCIC?u=txshracd2586&xid=7f7539b8](http://link.galegroup.com/apps/doc/A252383987/SCIC?u=txshracd2586&xid=7f7539b8).

Makant, Mindy G. "The Pursuit Of Happiness: The Virtue Of Consumption And The Consumption Of Virtue." *Dialog: A Journal Of Theology* 49.4 (2010): 291-299. *Academic Search Complete*. Web. 15 Feb. 2017.

### implications-

- Clutter can affect people mentally and physically. Stressful home environments can lead to physical ailment. Tiny house living is a practical application of a minimalistic mindset—minimizing consumption in order to fund the things that truly matter and are soul fulfilling.
- Anthropologists, social scientists, and archaeologists found that having a surplus of things can cause health issues.
- Living minimally results in compensatory strategies and creative allocation of resources.