



# The Overspent American: Upscaling, Downshifting, And The New Consumer

*Juliet B. Schor*

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An in-depth look at the corruption of the “American Dream,” the follow-up to the the *Overworked American* examines the consumer lives of Americans and the pitfalls of “keeping up with the Joneses.” Schor explains how and why the purchases of others in our social and professional communities can put pressure on us to spend more than we can afford to, how television viewing can undermine our ability to save, and why even households with good incomes have taken on so much debt for so many products they don’t need and often don’t even want.

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