原注および参考文献

「買わない暮らし」はなぜ必要?

- 1 When Plastic Outnumbers Plankton: Insights into the Great Pacific Garbage Patch, U.S. Mission to ASEAN, accessed May 12, 2017, https://asean.usmission.gov/innovasean-20150615/
- 2 "Marine Debris Is Everyone's Problem," poster, Woods Hole Sea Grant, https://www.whoi.edu/fileserver.do?id=107364&pt=2&p=88817
- 3 US Environmental Protection Agency, State of the Science White Paper: Effects of Plastic Pollution on Aquatic Life and Aquatic-Dependent Wildlife,

 December 2016, https://www.epa.gov/sites/production/files/2017-02/documents/
 tfw-trash free waters plastics-aquatic-life-report-2016-12.pdf
- World Economic Forum, The New Plastics Economy: Rethinking the Future of Plastics, January 2016, www3.weforum.org/docs/WEF The New Plastics

 Economy.pdf
- 5 Fabiano Baretto, "Citizen Science Summit on Plastics Pollution in the Salish Sea," Global Garbage, March 30, 2010, http://www.globalgarbage.org/blog/index.php/2010/03/30/citizen-science-summit-on-plastics-pollution-in-the-salish-sea/
- 6 North Sea Foundation, Marine Conservation Society, Seas at Risk, and Plastic Soup Foundation, Micro Plastics in Personal Care Products, position paper, August 2012, www.mcsuk.org/downloads/pollution/positionpaper-microplastics-august2012.pdf; Plastic Soup Foundation, "Beat the Microbead," updated August 20, 2019
- 7 Simon Reddy, "Plastic Pollution Affects Sea Life Throughout the Ocean," Pew Charitable Trusts, September 24, 2018, https://www.pewtrusts.org/en/research-and-analysis/articles/2018/09/24/plastic-pollution-affects-sea-life-throughout-the-ocean
- 8 "Facts and Figures on Marine Pollution," Unesco <a href="http://www.unesco.org/new/en/natural-sciences/ioc-oceans/focus-areas/rio-20-ocean/blueprint-for-the-future-we-want/marine-pollution/facts-and-figures-on-marine-pol
- 9 "Toxicological Threats of Plastic," EPA www.epa.gov/trash-free-waters/

toxicological-threats-plastic

- 10 Madeleine Smith, david C. Love, Chelsea M. Rochman, and Roni A. Neff, "Microplastics in Seafood and the Implications for Human Health," Current Environmental Health Reports 5, no.3(2018):375-86, doi:10.1007/s40572-018-
- 11 Sarah Knapton, "Plastic Weighing Equivalent of One Billion Elephants Has Been Made since 1950s and Most Is Now Landfill," Telegraph, July 19, 2017, www.telegraph.co.uk/science/2017/07/19/plastic-weighing-equivalent-one-billion-elephants-has-made-since
- 12 Diana Ivanova, Konstantin Stadler, Kjartan Steen-Olsen, Richard Wood, Gibran Vita, Arnold Tukker, and Edgar G. Hertwich, "Environmental Impact Assessment of Household Consumption," *Journal of Industrial Ecology* 20, no. 3(2016): doi: 10.1111/jiec.12371
- 13 "CO2 Emissions (Metric Tons Per capita)," World bank, https://data.worldbank.org/indicator/EN.ATM.CO2E.PC
- 14 "Greenhouse Gas Equivalencies Calculator," EPA <u>www.epa.gov/energy/greenhouse-gas-equivalencies-calculator</u>
- "Summary for Policymakers of IPCC Special Report on Global Warming of 1.5° C Approved by Governments," Intergovernmental Panel on Climate change, October 8, 2018, https://www.ipcc.ch/2018/10/08/summary-for-policymakers-of-ipcc-special-report-on-global-warming-of-1-5c-approved-by-governments/
- 16 Christian Jarrrett, "The Psychology of Stuff and Things," Psychologist 26, no.8 (August 2013): 560-4 https://thepsychologist.bps.org.uk/volume-26/edition-8/psychology-stuff-and-things
- 17 Alana Semuels, "We Are All Accumulating Mountains of Things," Atlantic, Augustt 21, 2018 https://www.theatlantic.com/technology/archive/2018/08/online-shopping-and-accumulation-of-junk/567985
- https://www.quraz.com/info/pr/20170222.aspx
- 19 Jeanne E. Arnold, *Life at Home in the Twenty-First Century: 32 Families Open Their Doors*, (Los Angeles: Cotsen Institute of Archaeology Press, 2017)

- 20 A Cluttered Life: Middle-Class Abundance, episode 1, "Stuff," UCTV video, 6:33, posted December 23, 2013, https://www.uctv.tv/shows/Stuff-A-Cluttered-Life-Middle-Class-Abundance-Ep-1-24699
- 21 "Object Ethnography Project," Max Liboiron, https://maxliboiron.com/2013/08/07/object-ethnography-project
- 22 "A Conversation with Tim Kasser," The True Cost (blog) https://truecostmovie.com/tim-kasser-interview/index.html

「買わない暮らし」 への招待

https://www.buynothinggeteverything.com/

ステップ1「ゆずる」

- 1 近藤麻理恵『人生がときめく片づけの魔法』 サンマーク出版
- **2** マルガレータ・マグヌセン 『人生は手放した数だけ豊かになる:100 歳まで楽しく 実践!1 日 1 つの "終いじたく"」 (三笠書房)
- 3 Mitch Lipka, "Are Women More Generous Than Men?" *Money*, December 1, 2015, money.com/money/4130729/women-more-generous-than-men
- 4 "Study: Poor Are More Charitable Than the Wealthy," *All Things Considered*, NPR, August 8, 2010, www.npr.org/templates/story/story.php?storyld=129068241

ステップ2「受け取る」

- Charles Eisenstein, "The Longing for Belonging," Huffpost, updated August 19, 2016, www.huffpost.com/entry/indigeneity-and-belonging_b_8011302
- 2 Linda Babcock and Sara Laschever, Women Don't Ask: The High Cost of Avoiding Negotiation and Positive Strategies for Change (Princeton, NJ: Princeton University Press, 2013)
- 3 Charles Eisenstein, Sacred Economics: Money, Gift & Society in the Age of

Transition (Berkeley: North Atlantic Books, 2011)

- **4** アメリカでは日本と違い、役所で安く最低限の結婚式を行うことができます。
- 5 Elisa Jaffe, "Strangers Come Together to Organize Couple's Dream Wedding," KOMO News, November 19, 2014, https://komonews.com/news/local/strangers-come-together-to-organize-couples-dream-wedding

ステップ3「リュース&リフューズ」

- 1 "Recycling Means Business," Institute for Local Self-Reliance, February 1, 2002, https://ilsr.org/recycling-means-business/
- 2 "Textiles: Material-Specific Data," EPA, https://www.epa.gov/facts-and-figures-about-materials-waste-and-recycling/textiles-material-specific-data
- **3** "FAQ's," US Food Waste Challenge, Office of the Chief Economist, USDA, https://www.usda.gov/foodwaste/faqs
- 4 J. Rovensky et al., "Eggshell Calcium in the Prevention and Treatment of Osteoporosis," International Journal of Pharmacological Research, 23 no. 2-3(2003):83-92, https://www.ncbi.nlm.nih.gov/pubmed/15018022
- 5 Vanesa Benitez, Esperanza Molla, Maria A. Martin-Cabrejas, Yolanda Aguilera, Francisco J. Lopez-Andreu, Katherine Cools, Leon A. Terry, and Rosa M. Esteban, "Characterization of Industrial Onion Wastes (Allium cepa L.): Dietary Fibre and Bioactive Compounds," Plant Foods for Human Nutrition 66, no. 1(2011):48-57, doi: 10.1007/s11130-011-0212-x
- 6 Katherine Martinko, "How to Avoid Using Paper Towels," TreeHugger, January 8, 2018, www.treehugger.com/cleaning-organizing/how-avoid-using-paper-towels.html
- 7 Ocean Conservancy and International Coastal Cleanup, Building a Clean Swell: 2018 Report (Washington, DC: Ocean Conservancy, 2018), oceanconservancy.org/wp-content/uploads/2018/07/Building-A-Clean-Swell.pdf
- 8 "Fact Sheet: Single Use Plastics," Earth Day Network, March 29, 2018, www.earthday.org/2018/03/29/fact-sheet-single-use-plastics/

- 9 P.Wesley Schultz and Steven R. Stein, "Executive Summary: Litter in America 2009 National Litter Research Findings and Recommendations," Keep America Beautiful, 2009, https://docplayer.net/104233559-Executive-summary-litter-in-america-2009-national-litter-research-findings-and-recommendations.html
- 10 "EWG's Bottled Water Scorecard, 2011: How Much Do We Driink?" Environmental Working Group, January 25, 2012, www.ewg.org/research/ewg-bottled-water-scorecard-2011/how-much-do-we-drink
- 11 Katie Langin, "Millions of Americans Drink Potentially Unsafe Tap Water. How Does Your County Stack Up?" Science, February 12, 2018, https://www.sciencemag.org/news/2018/02/millions-americans-drink-potentially-unsafe-tap-water-how-does-your-county-stack
- 12 Deborah Blum, "A Threat to Male Fertility," Well, New York Times, March 21, 2014, well.blogs.nytimes.com/2014/03/21/a-threat-to-male-fertility/
- https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1665432/
- 14 Tim Harford, "How Plastic Became a Victim of Its Own Success," BBC News, September 25, 2017, www.bbc.com/news/business-41188462
- 15 Susan Freinkel, Plastic: A Toxic Love Story (New York: Houghton Mifflin Harcourt, 2011)
- 16 Mark Anthony Browne, Phillip Crump, Stewart J. Niven, Emma Teuten, Andrew Tonkin, Tamara Galloway, and Richard Thompson, "Accumulation of Microplastic on Shorelines Worldwide: Sources and Sinks," Environmental Science & Technology 45, no.21(2011):9175-79, doi: 10.1021/es201811s
- 17 Kara Lavender Law, "Plastics in the Marine Environment," Annual Review of Marine Science 9, no.1(2017): 205–29, doi:10.1146/annurev. marine-010816-060409

ステップ4 「考える |

1 Alana Semuels, "We Are All Accumulating Mountains of Things," Atlantic, August 21, 2018 https://www.theatlantic.com/technology/archive/2018/08/online-shopping-and-accumulation-of-junk/567985

ステップ5 「つくる&なおす

- lsabel V. Sawhill and Christopher Pulliam, "Six Facts About Wealth in the United States," Brookings, June 25, 2019, https://www.brookings.edu/blog/up-front/2019/06/25/six-facts-about-wealth-in-the-united-states
- 2 Jeff Weiner, "What's Your Dream Job?," survey results, SurveyMonkey, <u>www.</u> surveymonkey.com/mp/jeff-weiner-survey-results
- 3 Pagan Kennedy, "How to Get High on Soil," Atlantic, January 31, 2012, www.theatlantic.com/health/archive/2012/01/how-to-get-high-on-soil/251935/; C.A.Lowry, J.H.Hollis, A.de Vries, B.Pan, L.R.Brunet, J.R.F.Hunt, j.F.R.Paton, E. van Kampen, D.M.Knight, A.K.Evans, G.A.W.Rook, and S.L.Lightman, "Identification of an Immune-Responsive Mesolimbocortical Serotonergic System: Potential Role in Regulation of Emotional Behavior," Neuroscience 146, no.2(2007): 756-72, doi:10.1016.j.neuroscience.2007.01.067
- 4 Jennifer Grayson, "Flowers May Be Nice for Mom, but They're Terrible for Mother Earth," Washington Post, May 7, 2015, https://www.washingtonpost.com/opinions/flowers-may-be-nice-for-mom-but-theyre-terrible-for-mother-earth/2015/05/07/fb69f9f4-f4d5-11e4-b2f3-af5479e6bbdd_story.html

ステップ6「分かち合う、貸す、借りる」

- https://littlefreelibrary.org/
- http://www.growfree.org.au/
- 3 http://www.corkforest.org/

ステップ 7 「感謝する」

- 1 "Giving Thanks Can Make You Happier," Healthbeat, Harvard Health Publishing, Harvard Medical School, <u>www.health.harvard.edu/healthbeat/giving-thanks-can-make-you-happier</u>
- 2 George E. Vaillant, Aging Well: Surprising Guideposts to a Happier Life from the Landmark Harvard Study of Adult Development (New York: Little Brown, 2003)

未来へのビジョン

- 1 Monika A. Gorzelak, Amanda K. Asay, Brian J. Pickles, and Suzanne W.Simard, "Inter-Plant Communication through Mycorrhizal Networks Mediates Complex Adaptive Behaviour in Plant Communities," AoB PLANTS 7 (2015): plv050, https://doi.org/10.1093/aobpla/plv050
- 2 Maria Konnikova, "The Limits of Friendship," New Yorker, June 20, 2017, www.newyorker.com/science/maria-konnikova/social-media-affect-math-dunbar-number-friendships
- 3 Blake Foden, "A Beautiful Concept': Canberra's Shared Resources
 Mapped Out," Canberra Times, October 21, 2018, www.canberratimes.com.au/story/6001541/a-beautiful-concept-canberras-shared-resources-mapped-out/

付録――「ごみを見つめなおす」

- 1 "Factbox: What America's Largest Cities Charge for Residential Garbage Pick-Up," Reuters, September 21, 2015, https://www.reuters.com/article/us-usa-chicago-garbage-factbox/factbox-what-americas-largest-cities-charge-for-residential-garbage-pick-up-idUSKCN0RM00K20150922
- 2 Lauren Ina, "American Journal," Washington Post, July 6, 1990, <u>www.</u> washingtonpost.com/archive/politics/1990/07/06/american-journal/00098586-7ec8-4dcf-be76-d4970b8ef91c/
- 3 "Paper and Paperboard: Material-Specific Data," EPA, www.epa.gov/facts-and-figures-about-materials-waste-and-recycling/paper-and-paperboard-material-specific-data