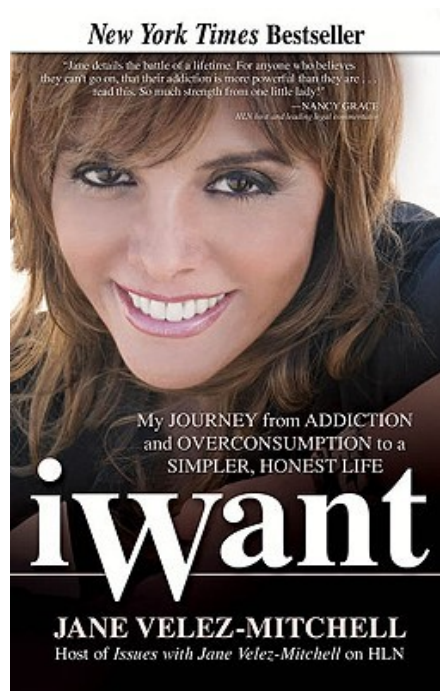




iWant: My Journey from Addiction and Overconsumption to a Simpler, Honest Life

Jane Velez-Mitchell

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'This is the story of my ch . . . ch . . . changes, which took me from insanity to clarity, from egocentricity to altruism, from alcoholism to activism. These changes have marked an evolution in what I want from this life. I am what I want. What I seek to consume, possess, and achieve is a mirror that reflects my lusts and cravings, values and priorities, and moral boundaries or lack thereof. I am happy to say that what I want today is much less toxic and self-centered than what I used to want. It's taken decades of selfexamination to peel back the layers and figure out what really makes me happy. And while I'm still searching for my ultimate bliss, I know for sure it's not what I once thought it was. It's not alcohol, cigarettes, money, food, sugar, or status symbols: I've consumed all of those in massive quantities, and they've just made me miserable. Now, I want what can't be tasted, smoked, worn, seen, or counted. It's the opposite of material. As sappy as it might sound, what I want is spiritual.'

--From the Introduction **In iWant**, **Jane Velez-Mitchell** shares her candid and engaging story of the true adventure of her life, a journey of self-discovery that is still in full throttle. As she searches for the ultimate joy and freedom that come from living a compassionate life, she challenges all of us to learn from her examples to end destructive behaviors and embrace a meaningful existence alongside one another.

iWant: My Journey from Addiction and Overconsumption to a Simpler, Honest Life Details

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Author : Jane Velez-Mitchell

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From Reader Review iWant: My Journey from Addiction and Overconsumption to a Simpler, Honest Life for online ebook

Danielle Crosby says

To be more thoughtful of the world, animals, and people. I need to do what I want and what is best for me.

Hanje Richards says

I thought Velez-Mitchell's book was interesting and I liked how she talked about recovery in all phases of her life including her diet and her lifestyle. She uses the book as something of a platform for these changes she has made in other parts of her life, however I could have done with a little less of the proselytizing. Velez-Mitchell was a high-functioning woman, who maintained her career, as her life was going down the tubes. Her recovery is inspirational and I found it necessary to take what I liked and left the rest behind.

I Want was possibly a little too much about recovery and "what it is like now.". Actually that isn't quite fair. One technique that she used that I really liked was that each time she used a phrase or word that is a phrase or word used in 12 step recovery groups in general, and AA in particular. At the end of the book she has a glossary of the words that she has italicized. (I would have given this book 2.5 stars if that were an option.)

Smythkiyahoo.com says

I really enjoyed the book, read it in less than 2 days.

Cara says

Not Impressed!

Lindsey says

Pros: I learned a lot about alcoholism and the 12 Step Program. There is much to learn from the many "issues" beyond alcoholism that JVM has worked through. I was impressed by how thoroughly and how much JVM has worked and continues to work at reviewing and improving her life, and I was impressed at what a committed vegan she is. I already practice a lot of what she does - reducing what I consume, recycling everything I can, using vegan food and products, thinking about who (humans and animals) was affected and how they were affected by things I might buy - but she inspired me to try even harder, but not to the point of asceticism.

Cons: horrible design! double-spaced, 12-point Times New Roman with black and white pictures shoved in at the end of each chapter (color insert would have been better)

Emotional moments: I cried when her dad gave her beloved childhood dog away without telling her first. He didn't want the dog to ruin the carpet in their new apartment. She never knew where he went. I was so glad that she purposely knocked over a lamp in the new apartment, and it burned a whole in the carpet. The one thing that made this story better is that it sounds like she adopted the reincarnation of this dog later in her life.

Favorite quotes: "To those people I say, 'I'd rather be a hypocrite one percent of the time than be a heartless individual 99 percent of the time.'" - her response to people who might take a shot at her veganism because she rides on airplanes sometimes (airplane engines may be tested using animals) or does whatever other grey things might come up.

Place read: in-laws' media room and spare bedroom nook

Bedford Library says

inspiring!

Becky says

After reading this book, I gained another perspective of addiction and consumption. Her philosophy on conservation and animal welfare is something each reader can learn from. I wouldn't go as far as becoming vegan but I have definitely have become more aware of the products I buy in making sure they are not animal tested and eco friendly. For a list of these products-->Caringconsumer.com. And yes it is on a PETA website but it doesn't mean you have to run around naked with the animals if you share some of their concerns. In the end, we share the same planet with animals too.

Loracious says

Started out fine until it started to go off on how if you aren't vegan you aren't human.

Stephanie says

Disturbing and enlightening. Excellent memoir of a journey to sobriety, healthy habits and a growing awareness of the overconsumption that is destroying our planet and increasing animal cruelty. It changed me, I'll never be the same.

RNOCEAN says

Host of her own Headline News show, journalist Velez-Mitchell addresses a number of her own issues in this honest but ultimately unremarkable narrative, focusing largely on former addictions to alcohol,

cigarettes, food and money: "I've consumed all of those in massive quantities, and they've just made me miserable. Now, I want... the opposite of material. As sappy as it might sound, what I want is spiritual." Velez-Mitchell then recounts a childhood with parents who taught her to shun all authority but their own; a young adulthood in which she nearly drank herself into oblivion; her decision to get sober; how she came to terms with her homosexuality; and her climb to success in the world of television news. Despite these revelations, though, Velez-Mitchell's off-putting, self-righteous tone may make readers feel they're being scolded, rather than invited to understand or sympathize.

****Rate this book 2/5.** While I thought that her addiction and recovery from alcohol would be interesting reading, it was not. She did attend AA, but this is briefly mentioned. She spends most of the book acting self-righteous and self-absorbed. She not only had an alcohol addiction that she overcame, she also was a compulsive shopper, became an animal rights crusader and a vegan, hug the trees, save the whales. It is a little bit of a stretch to believe all of her 'good deeds'. I was disappointed in this self-serving book.

Angela says

It's just full of the same crap you hear from former addicts: Glorified versions of all the crazy crap they used to do (WAY crazier than anything you've ever done. Right? RIGHT!?), with a weak, "I'm so much happier now" tacked on at the end. Because not only did they used to have a more exciting life than you, it's now more enlightened too!

Sarah says

She had a lot of great things to say and a remarkable change in her life, but I did not like the way the book was written. I am sure she did not mean to write it in a preachy way but I did feel that was how it came across.

Alicia says

She's unbearably sanctimonious. Her message was lost on me because I couldn't stand the person who was giving it. I get it, you're better than everyone else but why are you writing a book about it? Do you think that's going to earn you fans? There are other sober, vegan, environmentalists out there who don't need to slip those facts in whenever possible. She should have focused on her recovery story and not gone on about her political beliefs/social advocacy.

Crystal says

inspiring!

Joan says

I think I understand what she went through in terms of rebuilding your life and working hard on yourself. I'm still working hard on finding myself and what I want to do with my life. It is a journey that everyone should take even if they think their life is perfect and they can't work on themselves anymore. Maybe you don't need to do as much work on it as others, but I guess everyone, in their own way can always find room for improvement.
