

Alfred University professor Westacott interviewed on the virtues of frugality

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ALFRED, NY) Emrys Westacott, professor of philosophy at Alfred University, is the subject of an interview in The Conversation, an independent online provider of news and views from the academic and research community.

William Isdale, research assistant at Melbourne Law School, University of Melbourne (Australia), interviewed Westacott on how a return to simple living could bring greater happiness in our increasingly complex world.

Westacott's recent book, *The Wisdom of Frugality*, reflects on the benefits of frugal living. He used the book as the basis of the keynote address, titled "The Wisdom of Frugality: Why Less is More More or Less," which he gave at a World Philosophy Day celebration Nov. 16 at St. John Fisher College.

An audio link to Westacott's interview for The Conversation piece can be found [here](#).