

Beth has lived a carbon, plastic, and poverty/slavery negative life since 2016.

In 2016, Beth discovered that she and every other person on the planet contributed to the ills of the world by receiving an unmasked-for-discount on everything they bought. This was because corporations cut costs and passed the savings along to consumers.

Though she was already a conscientious consumer, minimalist, bicyclist, bought most of her things used, and otherwise lived a green lifestyle, she realized she was barely scratching the surface. Her modern lifestyle, as modest as it was was still causing the destruction of the planet and perpetuating poverty and slavery.

She endeavored to set the record straight.

At the time she was living paycheck to paycheck and through her months of research had determined that everything she owned was discounted by corporations by roughly 10-30%. Electronics, like her cell phone, cost a fraction of what they should have.

She started to "pay back her discount" by donating 10% of her take-home income to charities that directly focused on healing what the manufacturing of her stuff had injured.

At the time, she was living paycheck to paycheck. To find the wiggle room in her spending she employed three budget-free money/time saving techniques. They were a further crafting of techniques she'd learned from, one, her single-mother-of-two when Beth was a child and very poor, and, two, from when she put herself through college.

Beth developed a robust method of vetting charities before she donated hundreds of dollars a month.

Surprisingly, within two months, Beth had a baseline increase in her mood. She awoke giddy like never before, even as a child. That's when she researched and found out the health benefits of giving: better mood, health, and longer life.

Within months her financial situation turned around while she was donating money to charities. That's when she researched the wealth benefits of giving. She continued to benefit and in her first year, she paid off her credit card debt, bulked up her checking account up to five figures, and invested money for retirement, while giving hundreds of dollars a month to not-for-profits to clean up after her mess.

That's when she realized she had a system and then wondered what if everyone who could afford to live like this did.

The global numbers and history, with some reasonable assumptions, showed that we could reverse global warming and clean up oceans in 30 years and eradicate poverty in 10.

She now writes about the methods and teaches a course so others can benefit from this empowering way to live.