

"It's time we questioned our eternal, pernicious desire for more." Tobias Esch



Professor Dr. Tobias Esch
More Nothing!
[Mehr Nichts!]
Why we need less of more

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Prof. Dr Tobias Esch is a general practitioner, neuroscientist and health researcher. For the past several years, he has worked at the Harvard Medical School and the Charité in Berlin among others, specialising in how self-healing works, and how some of the methods found outside established medicine have proved effective in promoting good health. In 2016 he became Professor of Integrated Health Protection and Health Promotion at the Witten/Herdecke University.

Society is suffering at the hands of a crisis brought on by excess supply and constant acceleration. Amid the stresses of our everyday world, the individual has come under fire, and feels trapped in a permanent search for meaning. For the bestselling author, neuroscientist, medic and happiness researcher Tobias Esch, once we overcome COVID it'll be high time to start questioning our constant, pernicious need for more – we have to get away from continuously increasing abundance, unstoppable consumerism and the accompanying (self-)exploitation; we have to find our way back to a reduction to the necessary minimum, and a beneficial as well as liberating 'emptiness'. Our motto should be 'More nothing, less more!' Medicine and the ceaselessly growing market for health products are at the centre of Esch's argument, but he examines every aspect of our social lives: faith and mindfulness, politics, climate, ecology and economic structures. Only if we reduce things to essentials in all areas of our lives – and not just for the sake of individual self-care – can we return to meaningful happiness and permanence.