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In this book about Hatmaker's experimental mutiny against excess, the author shares her journal entries from seven months of trying to change her life to see the world in a different way. She established different rules for different categories, and then spent a month implementing hard changes in her life in order to stop the excess in her

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and her family's life.

**7: An Experimental Mutiny Against  
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Staging Your Own Mutiny Against Excess  
(Workbook) (The 7 Experiment) (Volume  
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author shares her journal entries from seven months of trying to change her life to see the world in a different way. She established different rules for different categories, and then spent a month implementing hard changes in her life in order to stop the excess in her ...



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7 is the true story of how Jen took seven months, identified seven areas of excess, and made seven simple choices to fight back against the modern-day diseases of greed, materialism, and overindulgence. Food.

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## **7: An Experimental Mutiny Against Excess: Hatmaker, Jen ...**

7 is the true story of how Jen took seven months, identified seven areas of excess, and made seven simple choices to fight back against the modern-day diseases of greed, materialism, and overindulgence. Food. Clothes. Spending. Media. Possessions. Waste.

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Stress. Jen and her family would spend 30 days on each topic, boiling it down to the number seven.

### **Amazon.com: 7: An Experimental Mutiny Against Excess ...**

Last night I finished reading 7: An Experimental Mutiny Against Excess. Every once in awhile I read a book that

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really affects me. This is one of those books. The author, Jen Hatmaker, takes 7 months to focus on 7 different areas of excess in her life. You see, Jen Hatmaker is rich. She's rich, just like you are. Just like I am.

### **7: An Experimental Mutiny Against Excess by Jen Hatmaker**

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Start your review of 7: An Experimental Mutiny Against Excess. Write a review. Jan 06, 2019 Donna Craig rated it liked it. Ok. So I actually really recommend this book and love the concept. My husband and I read this together, and we both felt like her topic got lost in the rambling several times. The rambling made the book feel too long in ...

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The 7 Experiment - Bible Study Book:  
Staging Your Own Mutiny Against Excess  
Paperback - December 3, 2012

## **The 7 Experiment - Bible Study Book: Staging Your Own ...**

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7: An Experimental Mutiny Against Excess. I just finished with the book 7: An Experimental Mutiny Against Excess by Jen Hatmaker. It is a convincing book. She began an experiment when she realized how much she had and began fasting from things to help bring her closer to God. And to listen what He wanted from her.

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### **7: An Experimental Mutiny Against Excess - My Simpler Life ...**

Big ones. I would rather give a speech to 2,000 Nobel Prize geniuses than repeat a single week of college Pre-calculus. Maybe it was due to my aversion to numbers that I hadn't really considered reading Jen Hatmaker's book 7: An



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Experimental Mutiny Against Excess,  
though I'd heard a lot about it.

## **7: An Experimental Mutiny Against Excess, And My Own 7 ...**

7: An Experimental Mutiny Against  
Excess is written by someone raised in a  
Christian tradition. I would have liked to  
read more about how other faith

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traditions handle consumption or prosperity theology. I am certain we have much to learn from each other and that much common ground exist between us.

## **7: An Experimental Mutiny Against Excess: A Book Review ...**

7 is the true story of how Jen (along with

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her husband and her children) took seven months, identified seven areas of excess, and made seven simple choices to fight back against the modern-day diseases of materialism and overindulgence: food, clothes, possessions, media and technology, spending, waste, and stress.

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**7: An Experimental Mutiny Against  
Excess (Updated and ...**

7: An Experimental Mutiny Against  
Excess. American life can be excessive,  
to say the least. That's what Jen  
Hatmaker had to admit after taking in  
hurricane victims who commented on  
the extravagance of her family's upper  
middle class home. She once considered

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herself unmotivated by the lure of prosperity, but upon being call...

## **7: An Experimental Mutiny Against Excess - Home | Facebook**

Do you feel trapped in the machine of excess? Jen Hatmaker was. Her friends were. And some might say that our culture is. Jen once considered herself

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unmotivated by the lure of prosperity, but upon being called rich by a child who was living in poverty, evidence to the contrary mounted, and a social experiment turned spiritual journey was born.

### **The 7 Experiment: Staging Your Own Mutiny Against Excess ...**

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I was surprised when I picked up Jen Hatmaker's 7: An Experimental Mutiny Against Excess from the hold shelf at the library. Surprised, that is, that I requested it in the first place. If you check out the other reviews I've done you'll see that the idea certainly fits within my usual genre of interest.

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**minus: Review: 7: An Experimental  
Mutiny Against Excess**

For 7 months, Jen Hatmaker wages a war against excess. She experiments by eating only 7 foods, wearing only 7 articles of clothing, giving away 7 items each day, and praying 7 times a day. Although Hatmaker's experiments are extreme, she raises awareness of the



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excesses present in our homes and our lives.

## **7 : An Experimental Mutiny Against Excess - Walmart.com ...**

A seven-month experimental mutiny against excess, tackling seven areas of overconsumption in the spirit of a fast; a fast from greed, irresponsibility, apathy,

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and insatiability. Each area boiled down to just seven choices for a month: Food. Clothes. Possessions. Media. Waste. Spending. Stress. Only seven foods for a month.

### **Jen Hatmaker - An Experimental Mutiny Against Excess**

“7: An Experimental Mutiny Against

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Excess” is not recommended. As a final PS, I put the call out to men: in general, today’s female Christian book market is a mine field of falsity and sly enticement. Most of it is bad. Only a little is good. Just in this one blog entry I noted the dangers of the following best selling books-

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**Part 2 Review: "7: An Experimental  
Mutiny Against Excess ...**

About 7: An Experimental Mutiny Against Excess (Updated and Revised). Why do we pursue more when we'd be happier with less? This is the story of how New York Times bestselling author Jen Hatmaker and her family tried to combat overindulgence—and what they learned

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about living a truly meaningful life along the way. Do you feel trapped in the machine of excess?

### **7: An Experimental Mutiny Against Excess (Updated and ...**

If you've wrestled even a tiny bit with the excess of America's culture in light of what it means to be a believer in

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Christ, 7: An Experimental Mutiny Against Excess, just may ignite your passion to pursue the why behind the what, and reevaluate decisions you make from how you spend your time to what technology you use to what you throw in your trash can.

## **7: An Experimental Mutiny Against**

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Excess Jen Hatmaker  
**Excess [Book Review]**

7 is the true story of how Jen (along with her husband and her children to varying degrees) took seven months, identified seven areas of excess, and made seven simple choices to fight back against the modern-day diseases of greed, materialism, and overindulgence.

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**7: An Experimental Mutiny Against  
Excess - Review**

78 quotes from 7: An Experimental  
Mutiny Against Excess: 'Sometimes the  
best way to bring good news to the poor  
is to bring actual good news to the  
poor....

**7 Quotes by Jen Hatmaker -**



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## **Goodreads**

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Excess [Jen Hatmaker] on Amazon.com.

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American life can be excessive, to say the least. That's what Jen Hatmaker had to admit after taking in hurricane victims who commented on the extravagance of her family's upper middle class home.

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Excess. Average rating: 3.3 out of 5  
stars, based on 3 reviews 3 reviews. Jen  
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\$ 8. 85 \$8.85 \$ 8. 85. Out of stock ... and  
a social experiment turned spiritual was

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born. 7 is the true story of how Jen  
(along with her husband and her  
children to varying degrees) took seven

...

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Nancy Beauvais, a member of the team,  
had just read the book 7, and bought up

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the idea of a book study again. This time, I listened and felt God must be calling me to it because He kept putting it in front of me. I'm very excited to get started with our book study of Jen Hatmaker's book 7. The book is Jen's story of trying to embark on a ...

### **7: AN EXPERIMENTAL MUTINY**

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### **AGAINST EXCESS | Our thoughts ...**

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## **7: An Experimental Mutiny Against Excess... book by Jen ...**

7: An Experimental Mutiny Against Excess by Kristine · Published October 16, 2014 · Updated December 14, 2014  
My sister-in-law recently lent me the book “ No Riding Your Bike in the House Without Wearing a Helmet ” by Melissa

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Fay Greene.

**7: An Experimental Mutiny Against  
Excess - Living Clean ...**

Jen once considered herself unmotivated by the lure of prosperity, but upon being called "rich" by an undeniably poor child, evidence to the contrary mounted, and a social experiment turned spiritual

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journey was born. 7 is the true story of how Jen took seven months, identified seven areas of excess,...

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seven months of trying to change her life to see the world in a different way. She established different rules for different categories, and then spent a month implementing hard changes in her life in order to stop the excess in her ...

**Amazon.com: Customer reviews: 7:**

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**An Experimental Mutiny ...**

Praise For 7: An Experimental Mutiny  
Against Excess... Publishers Weekly -  
The central principles of living a  
Christian life, like tithing, fasting, and  
prayer, might get short shrift from some  
people but not Hatmaker (A Modern  
Girl's Guide to Bible Study).

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## **7: An Experimental Mutiny Against Excess | IndieBound.org**

I'd add Jen Hatmaker's 7: An Experimental Mutiny Against Excess. to the list as well. The premise of this book is simple, but the results are anything but. Jen Hatmaker, author and Bible teacher, took seven months, identified seven areas of excess, and made seven

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simple choices to fight back against the modern-day diseases of greed ...

### **7: An Experimental Mutiny Against Excess (Plus a Giveaway ...**

Disturbed by her family's comfortableness with American excess, Jen Hatmaker writes in 7 about their unique social and spiritual decision to

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live by a rule of seven - reducing material possessions and distractions in seven areas (food, clothes, spending, media, possessions, waste, and stress) in order to connect with a greatly increased God. Unabridged audio CD; approximately 10 hours; 8 CDs ...

## **7: An Experimental Mutiny Against**

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**Excess - unabridged ...**

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Sample. \$37.99. OR. Add to Wish List.  
Available for: iPad, iPhone, Android and  
Windows running app version 7.3 and  
above. Audio Book 7: An Experimental  
Mutiny Against Excess

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**7: An Experimental Mutiny Against  
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7 An Experimental Mutiny Against  
Excess : Clothes, Shopping, Waste, Food,  
Possessions, Media, Stress (Book) :  
Hatmaker, Jen : "Do you feel trapped in  
the machine of excess? Jen Hatmaker  
was. Her friends were. And some might  
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7. 'Gone Girl', by Gillian Flynn 6. 'Hold me Tight', by Dr. Sue Johnson 5. 'Inside',



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by Alix Ohlin 4. 'A Secret Kept', by  
Tatiana de Rosnay 3. 'Between the  
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Leer 2. 'The Shadow of the Wind', by  
Carlos Ruiz Zafon 1. '7: An Experimental  
Mutiny Against Excess', by Jen Hatmaker

**'7: An Experimental Mutiny Against  
Excess' by Jen Hatmaker ...**

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7: An Experimental Mutiny Against Excess: Food. Published on February 3, 2019 February 3, 2019 by Coffee Pines and Designs. The first month had to be food, didn't it? Food is my weakness. If you read Jen Hatmaker's book, 7, you will be introduced to her experiment against excess. She took 7 foods and only ate those 7 foods for the whole

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month.

**7: An Experimental Mutiny Against  
Excess: Food**

Revised and updated to reflect newer challenges of modern life, 7 is funny, raw, and not a guilt trip in the making, so come along and consider what Jesus' version of rich, blessed, and generous

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might look like in your life. 7: An  
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Updated and Revised (9780593237441)  
by Jen Hatmaker

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[Jen Hatmaker] -- Disturbed by her family's comfortableness with American excess, Hatmaker writes with humor and depth about their unique social and spiritual decision to reduce material possessions and distractions ...

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## **Excess (Updated and ...**

Book Review & Discernment- "7: An Experimental Mutiny Against Excess" by Jen Hatmaker, part 2 Posted on May 4, 2013 May 9, 2016 by elizabethprata In Part 1 of this two-part book review of Jen Hatmaker's "7: An Experimental Mutiny Against Excess", I wrote that the book's focus on social Gospel and try-harder,

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works mentality was really ...

**Book Review & Discernment- "7: An  
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Delight Out ...

**Religion Book Review: 7: An  
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Jones'™ mentality, the topic intrigued me, so I decided to read it.

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[Jen Hatmaker] -- The author and her family reduced excess in their lives by spending thirty days focusing on each of seven topics and limiting to seven for each. Includes the areas of food, clothing, media, stress, ...

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