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Globalization and Culture The Helena Norberg has talked about globalization and its negative effect on people around the world in the documentary “ An Economic of Happiness”. The author suggests that the globalization and spread of corporate power has divided cultures and introduced fierce competition. As per (Hurst 22)“ Sometimes construction and defense of boundaries becomes more significant than cultural practices that differentiate two groups”. Helena is accurate in her comprehension as globalization as made people more competitive and a runner after success. I agree with her solution for overcoming the ill effects of globalization and social pathologies. Her suggestion of economic localization is ideal because it can reduce people to depend on other countries and make them more engaging and produce products which are of cultural value and importance. It can also prosper the local economy and make people more productive . According to ( Norberg) “ Producers and consumers were closely linked in a community-based economy”.   
Also urban gardens are vital to the ecological environment as it allows enrichment of nature. Local food movement is essential as it encourages people to stand for themselves and it can increase bio – diversity . World need to grow locally and need to create unique identity of their culture and community. The two group of people mentioned by author as Tibetan farmers and Amazon tribal can be benefited from these strategies. Tibetan farmers can be encouraged to engage in more of live stock farming as it could enhance their prosperity and also avail them with meat and milk which is a main part of their diet. Amazon tribes can be prompted to indulge in agriculture of cereals and vegetables which suit their geographical nature and it can give them abundant food source and income too.   
Work Cited   
Hurst, Charles E. An Amish Paradox: Diversity and Change in the Worlds Largest Amish Community. Maryland: The John Hopkins University Press, 2010. 22. Print.   
Hodge, Helena N. " Globalisation versus Community." http://www. localfutures. org. ISEC, 2014. Web. 28 Feb. 2014. .