

# City Planning *for* Modern Lifestyles

Solving real urban issues & changing the way we plan and develop our cities

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## The problems

Right now, our cities are in crisis:

1. **Traffic congestion**
2. We're **inactive**
3. We're **sick & overweight**
4. We **work long hours**
5. We're in **debt**
6. We're **addicted to consumerism**
7. **Job insecurity**

## Let's connect

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<http://linkd.in/1L5zA6n>

## My 7 solutions

1. We can all be part of the solution. We can all cut traffic congestion by implementing the 7 step process in my book **Decongestion**: 7 steps to cut traffic congestion without the expense of new roads or annoyed residents.
2. The solution to inactivity is to implement the 7 steps in my book **Active Communities**: 7 steps to create active urban communities.
3. Sick? Overweight? Let's get cycling and walking. Let's build my 7m wide **Cycling Super Highways** and let's focus on Areas for Action and Lazy Cycling.
4. Work long hours? Can't afford a holiday? The solution is **Car Free Days Out** and Urban Away Days.
5. In debt? Struggling financially? No savings? The solution is the 7 step process in my book **Underspent** - How I Broke My Shopping Addiction and Buying Habit. I didn't buy anything new or 2nd hand in 2014 and saved 38% of my take-home salary.
6. The solution to materialism and consumerism is to follow the steps in my book **Swap, Borrow and Share**.
7. The solution to job insecurity is to prepare yourself mentally, financially and professional for our new world of technology and automation. Implement the 14 steps in my book **Be Ready, The future is now**.

As featured:



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