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# Exploring Degrowth

by Vincent Liegey & Anitra Nelson

An introduction to the Degrowth movement

*'This book is the perfect introduction to the burgeoning intellectual and activist movement of degrowth. Short, crisp and provocative, this is the place to begin if you want to know more about degrowth.'* - **Giorgos Kallis**, author of *'In Defense of Degrowth'*

*'We are living the spectacular failure of capitalism as a way of ensuring social reproduction. Now is the time to break. With capital, with labour, with development, with quantitative growth. This is an excellent introduction to the degrowth perspective, an important contribution to an urgent debate.'* - **John Holloway**, author of *'Change the World Without Taking Power'*

*'We can improve people's lives right now, without any growth at all, simply by sharing what we already have more fairly and investing in public goods. This book paints a picture of the new economy that lies ahead - an economy that enables human flourishing for all within planetary boundaries'* - **Jason Hickel**, author of *'Less is More: How Degrowth Will Save the World'*

Degrowth is a philosophy and movement aimed at reducing economic activity to avert climate catastrophe, while simultaneously improving well-being. While we work and consume less, we can still increase our happiness through devoting more time to culture, community and non-monetary pursuits.

This introduction to degrowth—in concept, practice, vision and strategies—draws on select works and the views of key advocates. It focuses on how to practice degrowth and reveals its organisational strengths and challenges which are inspired by diverse geographic and cultural contexts. It explains why the possibility of eternal economic growth under capitalism is erroneous and dangerous, whilst also challenging the left's emphasis on reforms such as environmental regulation and redistributive social justice delivered by a state supporting economic growth.

Covering themes including horizontal democracy, local economies, the reduction of work and post-capitalism, this book shows why degrowth is a compelling and realistic project which should be taken seriously by all people looking to prevent climate catastrophe.

**Vincent Liegey** is an engineer, interdisciplinary researcher, spokesperson for the French degrowth movement and co-author of *Un Projet de Décroissance Utopia*, (2013).

**Anitra Nelson** is Honorary Principal Fellow at the Melbourne Sustainable Society Institute at the University of Melbourne, Australia. She is the author of *Small is Necessary: Shared Living on a Shared Planet* (Pluto, 2018).