

Book presentation: [Exploring Degrowth: A Critical Guide](#)

Vincent Liegey and Anitra Nelson invite you to a **Global Degrowth Day** discussion previewing their soon to be released book

[Exploring Degrowth: A Critical Guide \(Pluto Press\)](#)

Our **discussion will focus on current crises**, especially the Coronavirus

See our most recent *Ecologist* article: '[Coronavirus and degrowth](#)'

From the Foreword by [Jason Hickel](#), economic anthropologist at Goldsmiths, University of London, UK):

The key thing is to recognize that we already live in an abundant economy. The problem isn't that there's not enough for everyone to flourish, the problem is that it's all captured at the top. We can improve people's lives right now, without any growth at all, simply by sharing what we already have ... The book you hold in your hands traces a path through this thicket, and paints a picture of the new economy that lies ahead – an economy that enables human flourishing for all within planetary boundaries.

Liegey and Nelson will discuss degrowth as a 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 though devoting more time to culture, community and non-monetary pursuits.

The book is an introduction to degrowth—in concept, practice, vision and strategies. It focuses on how to practice degrowth and reveals its organisational strengths and challenges. It explains why eternal economic growth under capitalism is erroneous and dangerous. It challenges the left's reformist growth dependent approaches. It details horizontal democracy, local economies, the reduction of work and post-capitalism, In short, it shows why degrowth is a compelling and realistic project to prevent climate catastrophe.

About the authors:

An engineer, interdisciplinary researcher and spokesperson for the French degrowth movement, Vincent Liegey is co-author of *Un Projet Décroissance* (Editions Utopia, 2013), a manifesto for an unconditional autonomy allowance. He coordinates Cargonomia (Budapest), a centre for research and experimentation on degrowth, social cooperative for sustainable logistical solutions, and local food distributor using cargo-bikes.

Activist scholar Associate Professor Anitra Nelson is Honorary Principal Fellow at the Melbourne Sustainable Society Institute at the University of Melbourne, Australia. Author of *Small is Necessary* (Pluto, 2018), she co-edited *Housing for Degrowth* (Routledge, 2018), *Food for Degrowth* (Routledge forthcoming 2020) and *Life Without Money: Building Fair and Sustainable Economies* (Pluto, 2011).