

"In this major contribution to current debates, the authors show how degrowth can move us toward wellbeing, equity, and sustainability. No system of power lasts forever, nor will our current system."

Saskia Sassen, Columbia University, and author of *Expulsions*

"COVID-19 is the symptom; the profit-driven destruction of natural and social habitats is the disease. There's only one cure consistent with global social justice. Read this eloquent and urgent book and find out what it is."

Mike Davis, University of California, and author of *Planet of Slums*

The relentless pursuit of economic growth is the defining characteristic of contemporary societies. Yet it benefits few and demands monstrous social and ecological sacrifices. Is there a viable alternative? How can we halt the endless quest to grow global production and consumption and instead secure socio-ecological conditions that support lives worth living for all?

This compelling book makes the case for degrowth – living well with less by living differently, prioritizing wellbeing, equity, and sustainability. Drawing on emerging initiatives and enduring traditions around the world, the authors advance a radical degrowth vision and outline policies to shape work, care, income, and investment in ways that avoid exploitative and unsustainable practices. Degrowth, they argue, can be achieved through transformative strategies that allow societies to slow down by design, not disaster.

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