

# Contents

## Introduction

### Looking Backwards to Find a Way Forwards 1

---

1

### Breaking the Fossil Fuel Addiction

---

*Rebel Movements and the Power of Disobedience* 11

2

### Nurturing Tolerance

---

*Living Together in a Medieval Islamic Kingdom* 35

3

### Kicking the Consumer Habit

---

*Preindustrial Japan and the Design of Regenerative Economies* 58

4

### Taming Social Media

---

*Print Culture and the Invention of the Coffeehouse* 81

5

### Securing Water for All

---

*Water Wars and the Genius of the Commons* 105

6

### Reviving Faith in Democracy

---

*Rediscovering the Communal Democracy of the Past* 127

7

## Managing the Genetic Revolution

---

*The Shadow of Eugenics and the Quest for the Common Good* 150

8

## Bridging the Inequality Gap

---

*Struggles for Equality in Kerala and Finland* 173

9

## Keeping the Machines Under Control

---

*Artificial Intelligence and the Rise of Capitalism* 193

10

## Averting Civilisational Breakdown

---

*How Nations and Empires Have Survived Crises and Change* 221

## Conclusion

### Five Reasons for Radical Hope 247

---

*Thanks* 255

*Endnotes* 257

*List of Illustrations* 299

*Bibliography* 301

*Index* 321