

WORRIED ABOUT UNSUSTAINABLE ECONOMIC GROWTH?



WHAT IS SUSTAINABILITY?

WOULD YOU LIKE TO CONTRIBUTE TO CHANGE BUT DON'T KNOW WHERE TO START? CHECK THIS GUIDE



KEY POINTS FROM A GLOBAL SOCIAL JUSTICE PERSPECTIVE

The following guide compiles concepts and frames that can be used to challenge the economic growth paradigm and provide ways out. It is meant as a bridge between theory and practice, a place where thinking meets action and which is open for your collaboration.

RADICAL ABUNDANCE

The idea of meeting human needs and achieving well-being through the equitable distribution of resources, challenging the traditional notion of growth-driven development by acknowledging that there is enough for everyone's needs and that scarcity is artificially created through commodification.

Hickel, J. (2019). Degrowth: a theory of radical abundance. *Real-World Economics Review*, 87(19), 54-68. Available at: <http://www.paecon.net/PAEReview/issue87/Hickel87.pdf>

Jason Hickel

PUTTING LIFE AT THE CENTER

A common denominator and potential action plan for all kinds of social and trade union movements. Feminism, the fight for pensions, environmentalism, combative trade unionism, the degrowth movement and movements for refugees, all converge at this point. The idea also aims to permeate individual ideologies, when we decide to prioritize life in our own lives.

https://www.socioeco.org/bdf_fiche-document-8692_en.html

Yayo Herrero
Amaia Pérez Orozco

STABLE PROSPERITY

An alternative frame for degrowth to trigger deliberation about a different future involving people from all walks of life.

Drews, S. & Antal, M. 2016. Degrowth: A "missile word" that backfires? *Ecological Economics*, 126, 182-187.

Stefan Drews
Miklós Antal

WELLBEING ECONOMY

An economy designed to serve people and the planet, not the other way around. The rules, norms and incentives are by default set up to deliver quality of life and flourishing for all people, in harmony with our environment.

Kate Raworth
Tim Jackson
Jeremy Fackenthal
Joao Bernardo Casali Sarah McKinley

SUSTAINABLE PROSPERITY

Achieving well-being for all within planetary boundaries, emphasizing the need to balance social, economic, and environmental dimensions for a resilient and sustainable future.

<https://sustainable-prosperity.eu>

Steffen, W.; Richardson, K.; Rockström, J.; Cornell, S. E.; Fetzer, I.; Bennett, E. M.; Biggs, R.; Carpenter, S. R.; de Vries, W.; de Wit, C. A.; Folke, C.; Gerten, D.; Heinke, J.; Mace, G. M.; Persson, L. M.; Ramanathan, V.; Reyers, B.; Sorlin, S. (2015). Planetary boundaries: Guiding human development on a changing planet. *Science*, 347(6223), 1259855-1259855. <https://sustainable-prosperity.eu>

Johan Rockström

INDEPENDENCE FROM GROWTH

The idea of bolstering economic stability and sustainable prosperity in an uncertain future by separating these goals and the accompanying processes from a growth imperative and reorienting policymaking toward social and environmental objectives.

<https://sustainable-prosperity.eu/sustainable-prosperity/growth-independence/>

Johan Rockström

PROSPERITY WITHOUT GROWTH

The notion that it is possible to achieve prosperity and well-being without relying on constant economic expansion, by focusing on factors such as social justice, environmental sustainability, and a reevaluation of societal values.

Jackson, T. (2016). *Prosperity without growth: Foundations for the economy of tomorrow*. Routledge.

Parrique, Timothée; Barth, Jonathan; Briens, François; Kerschner, Christian; Kraus-Polk, Alejo; Kuokkanen, Anna; Spangenberg, Joachim H. (2019). Decoupling debunked – Evidence and arguments against green growth as a sole strategy for sustainability. European Environmental Bureau

Tim Jackson

LESS IS MORE

Expression that first appeared in a poem by Robert Browning, Andrea del Sarto, in the year 1855. "Yet do much less, so much less...Well, less is more, Lucrezia; I am judged." It is used as the title of a book on how degrowth will save the world.

Hickel, J. (2020). *Less is more: How degrowth will save the world*. Random House. <https://www.jasonhickel.org/less-is-more>

Jason Hickel

POST-GROWTH

Perspective that encourages a reevaluation of societal goals and measures of progress, advocating for a more balanced and sustainable approach to human flourishing that doesn't rely on unlimited economic expansion.

Jackson, T. (2021). *Post growth: Life after capitalism*. John Wiley & Sons.

Jackson, T. (2021). Poscrecimiento: la vida después del crecimiento. *Nuevos emprendimientos editoriales*.

Unceta, Koldo. (2014). "Poscrecimiento, desmercantilización y «buen vivir»". *Nueva Sociedad* 252 (2014): ISSN: 0251-3552.

<https://www.postgrowth.org/>

Tim Jackson
Koldo Unceta

DEGROWTH

The idea of downscaling production, consumption and extraction democratically—a non-violent transition toward truly sustainable livelihoods.

<https://degrowth.info/>
<https://degrowth.org/>

Includes database with many authors in different languages

STEADY-STATE ECONOMY

An economic model that prioritizes ecological sustainability, population stability, equitable resource distribution, and improved well-being over perpetual economic growth.

Daly, Herman E. (1991) [1977]. *Steady-State Economics* (2nd ed.). Washington, DC: Island Press. ISBN 978-1559630719.

Daly, H. E. (2014). *From uneconomic growth to a steady-state economy*. In: *From Uneconomic Growth to a Steady-State Economy*. Edward Elgar Publishing.

Herman Daly
John Stuart Mill

REGENERATION

Idea that calls for efforts to repair, resuscitate or improve degraded environments for nature to take its course rather than simply minimizing or stopping environmental degradation.

<https://regenerationinternational.org/>
<https://globaldeepnetwork.org/regeneration/>

Monbiot, G. (2022). *Regenesis: Feeding the world without devouring the planet*. Penguin UK.

George Monbiot

DOUGHNUT ECONOMICS

A model that envisions an economic system that operates within the "doughnut," balancing social foundations for human well-being without overshooting environmental limits, emphasizing both social equity and ecological sustainability.

Raworth, Kate (2017). *Doughnut economics: seven ways to think like a 21st century economist*. Chelsea Green Publishing

Raworth, Kate (2017). *Doughnut economics: seven ways to think like a 21st century economist*. Chelsea Green Publishing

<https://doughnuteconomics.org/>

Kate Raworth

ENVIRONMENTAL JUSTICE

The fair treatment and meaningful participation of all people, regardless of race, color, nationality, or income level, in the development, implementation, and enforcement of environmental laws, regulations, and policies. The Environmental Justice Atlas (EJAtlas) is a platform and interactive map that documents and highlights environmental justice issues around the world, providing information on ecological conflicts, social movements, and the impacts of environmental degradation on marginalized communities.

<https://ejatlas.org/>

Joan Martínez Alier

NEW ROOTS

A frame that is the title of a open letter on degrowth, signed by more than 1,100 experts and over 70 organizations from more than 60 countries, called for Degrowth as a way to tackle the crisis induced by COVID-19 in order to build a more just and sustainable society and prevent further crises through five key points.

<https://www.opendemocracy.net/en/oureconomy/degrowth-new-roots-economy/>

Jason Hickel
George Monbiot
Carola Rackete
Giorgos Kallis
Ashish Kothari
Julia Steinberger

▶ OTHER USEFUL RESOURCES

Audiovisual content in Spanish (subtitles available)

Audiovisual resources on various online platforms that explain varied topics such as degrowth, the energy and environmental crisis, permaculture and ecological cultures.

"What is degrowth?" (short) <https://youtu.be/d7B3ruQOzI0?feature=shared>

"¿What is degrowth?" (By Antonio Turiel) https://www.youtube.com/watch?v=_RsneEMrUpM&pp=ygUNZGVjcmVjaW1pZW50bW%3D%3D

"Energy, resources and degrowth" (By Antonio Turiel) https://www.youtube.com/watch?v=z_2CC6w-tVA&t=4263s&pp=ygUNZGVjcmVjaW1pZW50bW%3D%3D

Audiovisual content in English

Resources containing audiovisual contents that cover topics such as the limits to growth and shed light upon the problems of growing economies, providing possible ways out. (By Antonio Turiel) https://www.youtube.com/watch?v=z_2CC6w-tVA&t=4263s&pp=ygUNZGVjcmVjaW1pZW50bW%3D%3D

The impossible hamster. The impossible hamster. 1 minute video explaining the impossibility of infinite economic growth on a finite planet. https://youtu.be/Sqwd_u6HkMo?si=Ky6HEqHEQkyMWKs7

Story of Stuff. A community-minded, solutions-focused and action-oriented platform that aims at building a world focused on better instead of more. <https://www.storyofstuff.org/>

Disnovation

At the interface between contemporary art, research and hacking, disnovation.org collective develops artistic provocations seeking to empower post-growth imaginaries and practices while challenging dominant techno-solutionist ideologies.

Disnovation.org

<https://global-gateway.campaign.europa.eu/es/artists/dinnovation-org>

Maria Roszkowska, Nicolas Maigret, Baruch Gottlieb, Jerome Saint-Clair.

Feminisms and Degrowth Alliance (FaDA)

An inclusive network of academics, activists, and practitioners. FaDa aims at fostering dialogue between feminists and degrowth proponents and at integrating gender analysis and reasonings into degrowth activism and scholarship.

<https://degrowth.info/en/fada>

Bock, Marisol C., Javier Toca Lahuerta, and Eloísa Nos Aldás. 2024.

What is sustainability? Key points from a Global Social Justice Perspective.

Educational Innovation Group for Informational and Mediatic Alphabetization for Social Change (GAIMICS). Universitat Jaume I.

