

7 Foreword

What this book is for

11 Introduction

The politics of sufficiency – Why the Good Life
is a political issue

31 Chapter I

Framing – The prospects for a new institutional politics

49 Chapter II

Orienting – The right measures for time and space,
property and the market

69 Chapter III

Shaping – Mobility, Housing, Food: implementing policies
for the Good Life in practice

111 Chapter IV
Enabling – Creating resources for sufficiency through
employment, education, health and consumer policy

135 Chapter V
Civil society, business, and research as agents
of the politics of sufficiency

157 Conclusion
How to contribute to the politics of sufficiency

160 References and further reading

163 Acknowledgements

164 About the authors