



/ oekom

Niko Paech Liberation from Excess The road to a post-growth economy ISBN 978-3-86581-324-4 160 Seiten, 12 x 18 cm, 12,95 Euro oekom verlag, München 2012 ©oekom verlag 2012 www.oekom.de

7 IntroductionThe twilight of affluence – A chance for greater happiness?

13 Chapter I
Living beyond one's means –
A perceived human right

23 Chapter II

The illusion of progress –

Affluence through plundering

57 Chapter III The illusion of freedom – New dependencies

65 Chapter IV

The myth of decoupling –
The fairy tale of "green growth"

95 Chapter V
Enough is never enough –
Growth pressures and growth drivers

105 Chapter VI Less is more – Outline of a post-growth economy

131 Conclusion We (still) have a choice!

138 An overview of the post-growth economy (diagram)
140 Quoted and further literature
143 Acknowledgements
144 About the Author