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- p. 225 Steven Norris, the transport minister who oversaw the Newbury bypass, later admitted that 'the protestors were right' . . . BBC *Panorama*, 17 March 1997; transcript available at: http://news.bbc.co.uk/1/hi/english/static/audio_video/programmes/panorama/transcripts/transcript_17_03_97.txt
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- ‘the biggest victory to date’ . . . N. Klein, *This Changes Everything* (2015), Penguin Books.
- p. 233 ‘An individual who breaks a law that conscience tells him is unjust, and who willingly accepts the penalty of imprisonment in order to arouse the conscience of the community over its injustice, is in reality expressing the very highest respect for law’ . . . Martin Luther King Jr (1963), ‘Letter from a Birmingham Jail’. Available at: https://www.africa.upenn.edu/Articles_Gen/Letter_Birmingham.html
- p. 236 ‘XR is not a protest,’ says co-founder Dr Gail Bradbrook . . . As quoted in F. Bakare (2019), ‘Extinction Rebellion highlight climate emergency at Glastonbury’, *Guardian*. Available at: <https://www.theguardian.com/environment/2019/jun/27/extinction-rebellion-highlight-climate-emergency-at-glastonbury>
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- p. 254 US Green Party leader Jill Stein claimed her alternative proposal for a GND would cost \$700 billion to \$1 trillion annually . . . Jill Stein (2016), *The Green New Deal*. Available at: <https://www.jill2016.com/greennewdeal>
- p. 254 'The cost of pursuing a GND will be far less than the cost of not passing it' . . . Committee hearing, March 2019. Available at: https://www.democracynow.org/2019/3/28/tell_that_to_the_families_in
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- p. 255 'I hear people talking the language of participation and justice and equality and transparency, but no one raises the real issue of tax avoidance. It feels like I'm at a firefighters' . . . Historian Rutger Bregman at the World Economic Forum in Davos, 2019. Available at: <https://www.youtube.com/watch?v=r5LtFnmPruU>

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- p. 258 The International Monetary Fund (IMF) calculated that governments are spending over \$5 trillion a year by underpricing energy (85 per cent of which goes to coal and petroleum), and not factoring in their environmental and social costs, which will be billed to taxpayers now and in the future . . . *ibid*.
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- p. 267 The International Monetary Fund (IMF) report on fossil fuel underpricing concluded: 'Efficient fossil fuel pricing in 2015 would have . . . D. Coady, I. Parry, N. Le & B. Shang (2019), op. cit.
- p. 270 In April 2019, whilst Extinction Rebellion paraded and blockaded the streets of London, the Bank of England governor Mark Carney warned that financial institutions and investors need to build the increasing costs and risks associated with climate breakdown into their modelling

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- p. 270 This flexibility was President Roosevelt’s original approach to the New Deal: ‘It is common sense to take a method and try it. If it fails, admit it frankly and try another. But above all, try something’ . . . Franklin D. Roosevelt, address at Oglethorpe University, 22 May 1932
- p. 273 Irish environmental writer John Gibbons said the citizens’ assembly led to ‘the strongest cross-party political statement of intent on climate action’ . . . As quoted in M. McGrath (2019), ‘Extinction Rebellion: can the plan work?’, *BBC News*. Available at: <https://www.bbc.com/news/science-environment-47947775>
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- p. 276 They formed a political party – the Partido de la Red (Party of the Net) – which ran for office in Buenos Aires, on the pledge that elected officials would simply be a human conduit for enacting whatever the citizens voted for online: ‘We had one rule,’ Siri says. ‘Obey the Internet’ . . . As quoted in A. Leonard (2018), ‘Meet the man with a radical plan for blockchain voting’, *Wired*. Available at: <https://www.wired.com/story/santiago-siri-radical-plan-for-blockchain-voting/>
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- p. 305 It might also be worth reflecting on the fact that, according to the British government, doing things for each other for free is already as big as GDP in the UK . . . D. Halpern, *The Hidden Wealth of Nations* (2010), Polity Press, pp. 98–9. David Halpern is chief executive of the Behavioural Insights team, and from 2001 and 2007 was the chief analyst at the UK Prime Minister's Strategy Unit. Halpern argues: 'When researchers have tried to cost the value of all unpaid work that we do, by calculating all that work (such as looking after the kids or cleaning our houses), the figure comes up as around that of the country's GDP. Recent estimations, Office for National Statistics, 'Household satellite account, UK: 2015 and 2016'. Available at: <https://www.ons.gov.uk/economy/nationalaccounts/satelliteaccounts/articles/householdsatelliteaccounts/2015and2016estimates>. Halpern tells me: 'The estimates move around a bit depending on the assumptions you put in: e.g. do we value the time that a City lawyer puts into looking after their elderly parent or child at the minimum wage, or at their City firm charge rate, or somewhere in between? (Minimum wage is generally used.) Do we count the time spent cooking the kids' dinner but not the time spent listening to their worries? Anyhow, it's a big number in pounds sterling . . . and probably an even bigger number in social value.'
- p. 306 Hundreds of billions of dollars are donated every year, and trillions of dollars run through non-profit organizations . . . 'There are no global statistics on charitable giving, but the aggregate from the United States, China, United Kingdom, Russia, Australia, and Switzerland is: \$410.71 billion. Most of that comes from the United States. Also, this is only talking about contributions and not nonprofit revenue, which can come from sale of products and services, and government funding. For comparison, total nonprofit revenue in the US in 2015 exceeded \$2 trillion.' Cited in 'Globally, how much money is donated to charity each year?' (2016), Quora. Available at: <https://www.quora.com/Globally-how-much-money-is-donated-to-charity-each-year>
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- p. 327 The research correlates with other statistics: we live in a world where the richest 10 per cent are responsible for half of all emissions . . . Oxfam (2015), *Extreme Carbon Inequality*. Available at: <https://www.oxfam.org/en/research/extreme-carbon-inequality>; *Labour for a Green New Deal*, p. 6. 'According to Oxfam, the richest 10% of people globally are responsible for roughly 50% of global lifestyle consumption emissions, and the poorest 50% responsible for just 10%. In the UK, 65% of the population are among the richest 10% globally, with a staggering 93% of the UK's population in the richest global 20%.' Available at: <https://static1.squarespace.com/static/5c742a3c77b9036c6cae1eddf/t/5d721bc50aa0400013e2a31/1567759304359/1+A+commitment+to+zero+carbon+emissions+by+2030.pdf>
- p. 330 He proposed a more nuanced approach that deducted income from things which have a negative effect on society, like armaments: 'Distinctions must be kept in mind between quantity and quality of growth. Goals for more growth should specify more growth of what and for what' . . . S. Kuznets, *The New Republic* (1962)
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- p. 331 Meanwhile, the New Economics Foundation's research using surveys on happiness (the Happy Planet Index) . . . Happy Planet Index (2019). Available at: <http://happyplanetindex.org>. Analysis on carbon emissions available at: <https://science.howstuffworks.com/environmental/green-science/happiness-carbon-emissions1.htm>
- p. 332 Yet even though automation has been displacing jobs for decades, many of us are not working any less . . . D. Graeber (2013), 'On the phenomenon of bullshit jobs: a work rant', *STRIKE!* magazine. Available at: <https://www.strike.coop/bullshit-jobs>. D. Graeber, *B*****t Jobs* (2018), Penguin Books
- p. 333 By analysing the possible outcomes of a reduction in the average working week, one study in Sweden found that working hours and emissions are tied together . . . J. Naessen, J. Holmberg & J. Larsson (2009), 'The effect of work hours on energy use. A micro-analysis of time and income effects'. Available at: <https://www.osti.gov/etdeweb/biblio/967906>. Discussed by K. Knight, E. Rosa & J. Schor (2012), 'Reducing Growth to Achieve Environmental Sustainability: The Role of Work Hours', University of Massachusetts Amherst. Available at: http://www.peri.umass.edu/fileadmin/pdf/working_papers/working_papers_301-350/4.2KnightRosaSchor.pdf
- p. 334 A study from the US estimated that reducing the average work week by 0.5 per cent every year over the course of the twenty-first century . . . D. Rosnick (2013), *Reduced Work Hours as a Means of Slowing Climate Change*, Center of Economic and Policy Research. Available at: <http://cepr.net/documents/publications/climate-change-workshare-2013-02.pdf>
- p. 334 When the data on working practices and impacts in Europe and the US was compared, it transpired that people who live in countries . . . K. Knight, E. Rosa & J. Schor (2012), op. cit.
- p. 335 A 'silent revolution' has arguably happened in the West in recent decades. As an increasing number of people have been able to meet their survival needs, we have entered what some call a 'post-material age' . . . R. Inglehart (2016), *The Silent Revolution*, Princeton Legacy Library

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- p. 337 In 2014, artist Fritz Haeg went looking for a place where he could build ‘community’ and stumbled on SCF . . . Salmon Creek Farm. Available at: <https://salmoncreekfarm.org/>
- p. 339 The studies advocating a reduced working week acknowledge that this would be difficult to achieve in countries where inequality is high and/or growing . . . D. Rosnick (2013), op. cit. Rosnick argues: ‘It is worth noting that the pursuit of reduced work hours as a policy alternative would be much more difficult in an economy where inequality is high and/or growing. In the United States, for example, just under two-thirds of all income gains from 1973 to 2007 went to the top 1 per cent of households. In this type of economy, the majority of workers would have to take an absolute reduction in their living standards in order to work less. The analysis in this paper assumes that the gains from productivity growth will be more broadly shared in the future, as they have been in the past.’
- p. 339 As French economist Thomas Piketty has put it, the dominant model of capitalism operates as a ‘fundamental force for divergence’ . . . T. Piketty, *Capital in the Twenty-first Century* (2014), Harvard University Press, Chapter 15
- p. 339 While 10 per cent of the world’s people are still living in ‘extreme poverty’, struggling to meet their basic survival needs . . . World Bank (2019), *Overview*. Available at: <https://www.worldbank.org/en/topic/poverty/overview>
- p. 341 Some pilots of the idea are being funded by philanthropists, but there have been alternative proposals for paying for it long-term: perhaps it could be funded through meaningful carbon pricing, combining two transformative ideas in one. ‘Carbon dividends represent a strong moral and politically practical justification for basic income,’ argues long-time UBI proponent Guy Standing . . . G. Standing (2019), *Basic Income as Common Dividends: Piloting a Transformative Policy*, Progressive Economy Forum. Available at: https://progressiveeconomyforum.com/wp-content/uploads/2019/05/PEF_Piloting_Basic_Income_Guy_Standing.pdf
- p. 342 Sini Marttinen, a thirty-five-year-old consultant who took part in the experiment, said the UBI payments had given her the confidence to start her own business . . . Reuters (2019), ‘Finland’s basic income trial boosts happiness but not employment’. Available at: <https://www.reuters.com/article/us-finland-basic-income/finlands-basic-income-trial-boosts-happiness-but-not-employment-idUSKCN1PXoNM>

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- p. 342 A study that looked to see if the programme affected levels of employment found that it had a ‘marginally positive employment effect’ . . . D. Jones (2018), ‘The labor market impacts of universal and permanent cash transfers: evidence from the Alaska Permanent Fund’. Available at: https://papers.ssrn.com/sol3/papers.cfm?abstract_id=3118343. Jones concluded: ‘We show that the dividend had no effect on employment, and increased part-time work by 1.8 percentage points (17 per cent). Overall, our results suggest that a universal and permanent cash transfer does not significantly decrease aggregate employment.’
- p. 343 Luther King quoted an estimate by John Kenneth Galbraith that the cost of such a proposal would be \$20 billion – equivalent to what was being spent on the Vietnam War annually at the time . . . J. Weissmann (2013), ‘Martin Luther King’s economic dream: a guaranteed income for all Americans’, *Atlantic*. Available at: <https://www.theatlantic.com/business/archive/2013/08/martin-luther-kings-economic-dream-a-guaranteed-income-for-all-americans/279147/>
- p. 343 And when Tubbs became mayor, the town had recently declared bankruptcy, one in four people lived below the poverty line, and it had one of the highest homicide rates in the US . . . US Census available at: https://censusreporter.org/data/table/?table=B19001&primary_geo_id=16000US0675000&geo_ids=16000US0675000,05000US06077,31000US44700,04000US06,01000US
- p. 344 That day is arriving; we already have phones for messages and machines to clean streets, and robots are estimated to replace up to half of jobs in the next twenty years . . . A study by Oxford University found that 47 per cent of jobs in the US are ‘at risk’ of automation in the next twenty years: M. Osborne & C. Benedikt (2013), ‘The Future of Employment’. Available at: <https://www.oxfordmartin.ox.ac.uk/downloads/academic/future-of-employment.pdf>. According to McKinsey, ‘Almost half of the activities (not jobs) carried out by workers could be automated’: McKinsey & Company (2018), ‘AI, automation, and the future of work: ten things to solve for’. Available at: <https://www.mckinsey.com/featured-insights/future-of-work/ai-automation-and-the-future-of-work-ten-things-to-solve-for>. See also L. Nedelkoska & G. Quintini (2018), ‘Automation, skills use and training’, OECD. This study estimates the number of jobs that are ‘highly automatable’ is closer to 14 per cent; but ‘close to one in two jobs are likely to be significantly affected by automation’. Available at: <https://www.oecd-ilibrary.org/docserver/2e2f4cea-en.pdf?expires=1571856062&id=id&accname=guest&checksum=3CC7BA7FF57844D474AFFA442A948F12>

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- p. 344 In 2017, the EU published a draft report on automation from which it concluded ‘in the light of the possible effects on the labour market of robotics and Artificial Intelligence, a general basic income should be seriously considered, and invites all Member States to do so.’ . . . M. Delvaux (2016), ‘Draft report: with recommendations to the Commission on Civil Law Rules on Robotics’. Available at: https://www.europarl.europa.eu/doceo/document/JURI-PR-582443_EN.pdf?redirect
- p. 345 ‘Cities are laboratories of democracy,’ she says . . . As quoted in P. Goodman (2018), *New York Times*. Available at: <https://www.nytimes.com/2018/05/30/business/stockton-basic-income.html>. See also C. Martin (2019), *New York Times*. Available at: <https://www.nytimes.com/2019/05/08/opinion/baby-steps-toward-guaranteed-incomes-and-racial-justice.html>
- p. 345 Otjivero is a small village east of Namibia’s capital where another UBI experiment ran for two years from 2008, with extremely positive results: household poverty was halved, malnutrition has decreased by a quarter, income generating activities have increased, overall crime nearly halved, and school attendance nearly doubled . . . C. Haarmann, D. Haarmann, H. Jauch, H. Shindondola-Mote, N. Natrass, I. van Niekerk & M. Samson (2019), *Basic Income Grant Pilot Project Assessment Report*. Available at: http://www.bignam.org/Publications/BIG_Assessment_report_08b.pdf
- p. 345 Similarly, a UBI pilot by Broadway Charity, seeking to address long-term homelessness in London, successfully housed nine out of thirteen of the people in the pilot, at a seventh of the normal cost to social services. J. Hough & B. Rice (2010), *Providing Personalised Support to Rough Sleepers*. Available at: <https://www.jrf.org.uk/report/providing-personalised-support-rough-sleepers>. *The Economist* (2019), ‘Cutting out the middle men’. Available at: <https://www.economist.com/britain/2010/11/04/cutting-out-the-middle-men>
- p. 346 Reflecting on the Broadway pilot, *The Economist* concluded, ‘The most efficient way to spend money on the homeless might be to give it to them’ . . . *The Economist* (2019), *ibid*.
- p. 347 Brian Steensland, who has studied the history of basic income, compares the cultural resistance UBI meets in the US today to resistance . . . B. Steensland (2018), *The Failed Welfare Revolution*. Cited in R. Bregman (2018), *Utopia for Realists*, Bloomsbury Paperbacks, p. 63
- p. 347 That said, a 2016 poll found that the majority of people across the EU said they would definitely or probably vote for a universal basic income initiative . . . Dahlia Research (2016), ‘What do Europeans think about

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- basic income?'. Available at: https://basicincome.org/wp-content/uploads/2016/05/EU_Basic-Income-Poll_Results.pdf
- p. 349 When I spoke to the two researchers behind the Stockton experiment – Dr Amy Castro Baker, and Dr Stacia Martin-West – they referenced the UBI experiments in 1970s Seattle and Denver (SIME/DIME) in which women were found to work less. ‘If you’re working three jobs, you don’t have much time to show up for your neighbours,’ Dr Amy told me . . . K. Widerquist (2019), ‘The basic income guarantee experiments of the 1970s: a quick summary of results’. Available at: <https://basicincome.org/news/2017/12/basic-income-guarantee-experiments-1970s-quick-summary-results/>
- p. 353 The reality is, we are still emerging out of an unbalanced system that has been very oppressive to certain groups of people for thousands of years . . . b. hooks & G. Yancy (2015), ‘Opinion’, *New York Times*. Available at: <https://opinionator.blogs.nytimes.com/2015/12/10/bell-hooks-buddhism-the-beats-and-loving-blackness/#more-158658>
- p. 356 In business in the US, female-founded teams receive only 2.2 per cent of venture capital investment (compared with 76 per cent of all male teams) . . . E. Hinchliffe (2019), *Fortune*. Available at: <https://fortune.com/2019/01/28/funding-female-founders-2018/>
- p. 361 This logic is the ethos of the World Economic Forum’s ‘gender gap index’ which tracks the distance between male and female power according to four criteria . . . *The Global Gender Gap Report 2018*. Available at: <https://www.weforum.org/reports/the-global-gender-gap-report-2018>
- p. 362 A report in 2015 by McKinsey estimated that if women achieved gender parity with men in work, global output would increase by more than a quarter . . . J. Woetzel, A. Madgavkar et al. (2015), *The Power of Parity: How Advancing Women’s Equality Can Add \$12 Trillion to Global Growth*. Available at: https://www.mckinsey.com/~media/McKinsey/Featured%20Insights/Employment%20and%20Growth/How%20advancing%20womens%20equality%20can%20add%2012%20trillion%20to%20global%20growth/MGI%20Power%20of%20parity_Full%20report_September%202015.ashx
- p. 367 The anthropologist Claude Lévi-Strauss argued that the Agricultural Revolution made children more valuable, as help was . . . C. Lévi-Strauss, *Les Structures élémentaires de la parenté (The Elementary Structures of Kinship)* (1969), Beacon Press. Analysis by G. Lerner, *The Creation of Patriarchy* (1986), Oxford University Press, p. 49

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- p. 367 In *The Creation of Patriarchy*, Gerda Lerner argues that this practice of exchanging women for marriage made them the first slaves . . . G. Lerner (1986), *ibid.*
- p. 373 Because of existing vulnerabilities, women are the ones most likely to be hardest hit by the fallout from climate change and are up to fourteen times more likely to die during natural disasters . . . ‘Because I am a girl. In double jeopardy: adolescent girls and disasters’ (2013). Available at: <https://plan-international.org/publications/state-worlds-girls-2013-adolescent-girls-and-disasters#download-options>. C. Haigh & B. Valley (2010), ‘Gender and the climate change agenda’. Available at: <https://www.gdnonline.org/resources/Gender%20and%20the%20climate%20change%20agenda%2021.pdf>
- p. 373 Male survivors outnumbered women three to one after the Thailand 2004 tsunami . . . Oxfam (2005), ‘The tsunami’s impact on women’. Available at: <https://oxfamilibrary.openrepository.com/bitstream/handle/10546/115038/bn-tsunami-impact-on-women-250305-en.pdf;jsessionid=DF2C994569E8EB86A69ADD37B0D8D181?sequence=1>
- p. 373 Meanwhile, women are estimated to represent 60 to 80 per cent of the membership of environmental organizations and multiple studies show that they are more likely to have environmentally positive attitudes and behaviour patterns, such as lower energy consumption, eating less meat, and recycling more . . . K. Norgaard & R. York (2005), ‘Gender equality and state environmentalism’, *Gender & Society*, 19(4), pp. 506–22. Available at: https://www.jstor.org/stable/30044614?read-now=1&seq=1#page_scan_tab_contents. L. Zelezny, P. Chua & C. Aldrich (2000), ‘New ways of thinking about environmentalism: elaborating on gender differences in environmentalism’, *Journal of Social Issues*, 56(3), pp. 443–57. Available at: <https://spssi.onlinelibrary.wiley.com/doi/full/10.1111/0022-4537.00177>. L. M. Hunter, A. Hatch & A. Johnson (2004), ‘Cross-national gender variation in environmental behaviors’. Available at: <https://doi.org/10.1111/j.0038-4941.2004.00239.x>. R. Rätty & A. Carlsson-Kanyama (2009), ‘Energy consumption by gender in some European countries’. Available at: <https://doi.org/10.1016/j.enpol.2009.08.010>
- p. 374 A detailed analysis of different countries found that having more women in positions of political leadership made a country more likely to enact environmental legislation . . . K. Norgaard & R. York (2005), *op. cit.*
- p. 374 Many believe that it is largely a consequence of the cultural ideas we have inherited from the patriarchy: that being ‘feminine’ means being more selfless, and that women have been socialized to be

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more ‘other-orientated’ – to look after children when disaster hits, do domestic work, and perhaps opt to be vegetarian . . . L. Zelezny, P. Chua & C. Aldrich (2000), *op. cit.*

- p. 374 One paper, based on seven studies, argued that there is a perceived association between ‘green’ consumer products and ‘femininity’ and so some men are, perhaps subconsciously, trying to assert their masculinity by avoiding green behaviour . . . A. Brough, J. Wilkie, J. Ma, M. Isaac & D. Gal (2016), ‘Is eco-friendly unmanly? The green-feminine stereotype and its effect on sustainable consumption’, *Journal of Consumer Research*, 43(4), pp. 567–82. Available at: <https://academic.oup.com/jcr/article-abstract/43/4/567/2630509?redirectedFrom=fulltext>
- p. 375 Just as it might be tempting for some people to positively interpret the environmental behaviour gender gap to suggest that women are somehow fundamentally more proactive or ‘altruistic’; so too can that type of gender-stereotyping be used to justify other gender gaps – i.e. the argument that one of the reasons for the gender pay gap is because women are more ‘agreeable’. . . T. Dietz, L. Kalof & P. C. Stern (2002), ‘Gender, values, and environmentalism’. Available at: https://online.library.wiley.com/doi/epdf/10.1111/1540-6237.00088?referrer_access_token=qPPnOKbiRDojYPNbrMUeKYta6bR2k8jHoKrdpFOxC65GejeazUzoolKnNB8i7dX_ZQt_7Yf-3FsxAErs63Anu_cyemxHajktBupiHnveBsWtqGeplSKPmj22vKmw7reqNy9y8erQcchmFnKyOM-13oQSWno5LBWOfsH7KMWQVV0%3D. ‘It appears that, although white men and women in the United States conceptualize values in much the same way, for women altruism is a more important principle than it is for men’: C. Friedersdorf (2018), *Atlantic*. Available at: <https://www.theatlantic.com/politics/archive/2018/01/putting-monsterpaint-onjordan-peterson/550859/>
- p. 378 Ironically, if the woman was married, and the couple separated, she would have no custody rights over her children . . . See UK Custody of Infants Act 1839 which sought to reform the law to give mothers more rights
- p. 381 If you combined the impact of ‘family planning’ and ‘female education’ in Project Drawdown list of climate solutions, they would arrive at first place . . . Project Drawdown (2019): ‘The resulting emissions reductions could be 102.96 gigatons of carbon dioxide.’
- p. 383 In 2017, actress Anne Hathaway was brave enough to admit that she had recognized internalized misogyny in her own thinking . . . J. Miller (2017), *Vanity Fair*. Available at: <https://www.vanityfair.com/hollywood/2017/04/anne-hathaway-hollywood-sexism>

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- p. 384 It's understandable that some feminists get angry; I've found myself angry at moments, but that doesn't feel like the right way to escape this bind. As bell hooks recalled the Buddhist monk Thich Nhat Hanh advising her: 'Hold on to your anger, and use it as compost for your garden' . . . b. hooks & G. Yancy (2015), op. cit.
- p. 386 Western society long assumed itself superior: the colonizers were 'discoverers' of a 'new world', as if indigenous people were just part of the scenery . . . V. Shiva (2019), 'The seed and the earth. Biotechnology and the colonisation of regeneration', PubMed. Available at: <https://www.ncbi.nlm.nih.gov/pubmed/12286885>
- p. 386 Now Western society is increasingly looking to indigenous traditions and communities to offer a pathway to better land management, with no less than the World Bank . . . C. Sobrevila (2008), op. cit.
- p. 386 Mihilakawna Pomo elder Lucy Smith recalled her mother saying, 'The plants, animals, birds – everything on this Earth . . . K. Anderson (2013), *Tending the Wild*, University of California Press, p. 59
- p. 387 The World Bank and the United Nations have called for indigenous communities to be leading participants in conservation efforts . . . C. Sobrevila (2008), *The Role of Indigenous Peoples in Biodiversity Conservation*. Available at: <https://siteresources.worldbank.org/intbiodiversity/Resources/RoleofIndigenousPeoplesinBiodiversityConservation.pdf>
- p. 396 As doctors and scientists tell us that climate change is the biggest global health threat of the twenty-first century,' might we pause to wonder if humanism sowed the seed of our downfall in a world where humans are not in fact omnipotent . . . The Cancer of Climate Change (2019). Available at: <https://cancerofclimatechange.org/about/>
- p. 398 Research shows that exposure to nature has numerous positive benefits for mental health: improving mood and self-esteem, decreasing rates . . . J. Barton & J. Pretty (2010), 'What is the best dose of nature and green exercise for improving mental health? A multi-study analysis'. Available at: <https://pubs.acs.org/doi/full/10.1021/es903183r>
- p. 399 Likewise, a study at Oxford University found that meditation and mindfulness can be as effective at treating depression as antidepressant drugs . . . W. Kuyken, R. Hayes, B. Barrett et al. (2015), 'Effectiveness and cost-effectiveness of mindfulness-based cognitive therapy compared with maintenance antidepressant treatment in the prevention of depressive

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relapse or recurrence: a randomised controlled trial', *Lancet*, 386(9988), pp. 63–73. Available at: [https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(14\)62222-4/abstract](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(14)62222-4/abstract)

- p. 402 Medical research has found that generational trauma is even carried in people's genes . . . R. Yehuda, N. Daskalakis, L. Bierer, H. Bader, T. Klengel, F. Holsboer & E. Binder (2019), 'Holocaust exposure induced intergenerational effects on FKBP5 methylation'. Available at: [https://www.biologicalpsychiatryjournal.com/article/S0006-3223\(15\)00652-6/](https://www.biologicalpsychiatryjournal.com/article/S0006-3223(15)00652-6/)