

No More Dystopian Stories: How to See a Future Worth Living In

with Rob Hopkins | Episode 224

Show Notes and Links to Learn More

The TGS team puts together these brief references and show notes for the learning and convenience of our listeners. However, most of the points made in episodes hold more nuance than one link can address, and we encourage you to dig deeper into any of these topics and come to your own informed conclusions.

00:00 – [Rob Hopkins](#), co-founder of the [Transition Movement / Transition Network International](#), [Totnes Community Builders](#), [Ashoka Fellow](#)

- Books: [How to Fall in Love with the Future](#), [From What Is to What If](#), [The Transition Handbook](#)
- Podcast: [From What If to What Next](#)
- Music Project: [“Field Recordings from the Future”](#)

02:55 – [How to find common ground](#)

04:50 – [Grassroots movement](#)

05:00 – [Transition Network International](#)

05:33 – [Totnes, England](#), [Permaculture](#) (Rob’s 2 year fulltime permaculture course)

06:05 – [Climate emergency](#), [Energy security emergency](#)

06:25 – [Referenced quote](#)

06:38 – [Transition Culture blog](#)

07:42 – [Transition in ~50 countries: Local economy projects](#), [Community energy companies](#), [Community food projects](#)

07:53 – [Community-led affordable housing development in Totnes](#) ([more info](#))

08:21 – [Luigi Russi](#) – [Everything Gardens](#), [Schumacher College](#)

10:17 – [12 steps of Transition](#)

10:46 – [Jean-Claude Mensch’s Ungersheim: 21 actions for the 21st century](#)

11:11 – [In Transition 2.0](#) (film)

12:05 – [The Great Simplification](#)

12:28 – [Grenoble's ecological administration](#), [City-scale transition](#)

13:04 – [Nate’s Frankly](#) about on a movie idea, [The Day After](#) (1983 nuclear-war film)

13:21 – [Demain \(Tomorrow\)](#) (2015 climate solutions film)

13:41 – [An Inconvenient Truth](#) (film)

14:46 – [39 affordable energy-efficient homes in Totnes](#), [Community energy company](#), [Local Entrepreneur Forum](#)

15:32 – [*Over half of all human CO2 emitted in the last 30 years](#)

15:43 – [Fossil fuel industry disinformation campaigns](#) and [money given to them](#)

16:35 – [Peak oil](#) ([more info](#)), [Climate change](#)

The Great Simplification

- 16:44 – [*The Party's Over, The End of Suburbia*](#)
- 17:09 – [Rise of fascism](#)
- 17:29 – [Limits to Growth](#), [Post-growth](#)
- 17:33 – [2008 financial crisis](#) and [COVID-19 recession](#)
- 17:42 – [Strait of Hormuz](#) ([more info](#))
- 17:55 – [Economic contractions](#) and [Energy price increases](#) in Europe
- 19:11 – [UK 2000 fuel protests: Only three days worth of food in supermarkets](#)
- 19:40 – Rob's 2008 Book: [*The Transition Handbook: From Oil Dependency to Local Resilience*](#)
- 19:49 – *EU payments to Russia for fossil fuels from [2008-2022](#) and [2022-present](#)
- 20:20 – [Irish farmers' tractor protests over energy prices](#)
- 21:05 – [Economic superorganism](#) ([Nate's academic paper on such](#))
- 22:30 – [Money as digital claims on biophysical reality](#)
- 22:55 – [Mordor economy](#)
- 23:40 – [The Metacrisis](#), [Failure of cultural imagination](#)
- 24:10 – [George Monbiot](#), [Naomi Klein](#), [Amitav Ghosh](#)
- 24:36 – [Kyung Hee Kim](#), [The Creativity Crisis](#), [Torrance Tests of Creative Thinking](#), [Divergent thinking](#), [Newsweek 2010 coverstory: imagination declining as IQ rises](#)
- 26:15 – Causes of decline in imagination: [Decline of free unstructured play](#), [Rise of screens](#), [Standardized testing in schools](#)
- 26:30 – [From What Is to What If](#)
- 26:42 – [Nature-deficit: less time spent in the natural world](#)
- 26:53 – [Stress/trauma/anxiety and Cortisol](#), [Hippocampus](#), and [~20% hippocampal shrinkage in some with PTSD](#)
- 27:08 – [Imagination as a fundamental function of the hippocampus](#)
- 27:46 – [Discount rates](#)
- 28:47 – [Albert Einstein](#)
- 29:50 – [Process of imagination in human](#), [Evolutionary origins](#)
- 30:33 – [Damon Gameau](#), [2040 \(film\)](#) ([The Great Simplification appearance](#))
- 30:55 – [Evidence-based dreaming](#)
- 31:20 – [Blade Runner](#)
- 31:32 – [Paris Agreement: ~60% emissions cut for the Global North by 2036](#)
- 31:50 – [William Gibson](#): ["The future is already here, just not evenly distributed."](#)
- 32:07 – [Utrecht cycling](#), [Car-free neighborhoods in Germany](#), [Liège, Belgium food belt](#)
- 32:40 – [Rasheedah Phillips](#), [Black Quantum Futurism](#)
- 33:10 – [Negative worldviews and confirmation-driven doom spirals](#)
- 34:36 – [Manda Scott](#): [Accidental Gods](#), [Rupert Read](#): [Thrutopia](#)
- 36:25 – [Rainer Maria Rilke](#): ["The future must enter into you long before it happens"](#)
- 37:02 – [Memories of the future: imagination and memory share neural pathways](#)
- 38:10 – [Rob's Imagination Trainings](#)
- 38:16 – [Sense of agency from imagining the future](#), [Frankly on agency](#)
- 39:28 – [Rasheedah Phillips](#), [adrienne maree brown](#), [Walidah Imarisha](#), [Ruha Benjamin](#)
- 39:58 – [Mariame Kaba](#), [We Do This 'Til We Free Us](#)

The Great Simplification

- 40:44 – [Toxic positivity](#)
- 42:12 – [Greta Thunberg, Fridays for Future](#)
- 43:07 – [Permaculture course offerings, Oregon State online, asynchronous offering](#)
- 43:54 – ["I've been to the future. We won."](#)
- 44:09 – [Extinction Rebellion, The Big One, Rob's speech](#)
- 45:49 – [Temporal fluidity](#)
- 46:23 – [Linear, Newtonian time as a colonial construct](#)
- 46:33 – [Traditional African conceptions of time, Indigenous Australian deep time](#)
- 47:10 – [Clock time and time discipline](#)
- 47:34 – [Railway time, Bioregionalism](#)
- 48:50 – [Living wall \(green wall\)](#)
- 50:19 – [How to Fall in Love with the Future](#)
- 50:30 – [Beaver reintroduction](#) and [rewilding in England](#)
- 50:57 – [Dark triad traits: The Great Simplification Reality Roundtable](#) & [Frankly](#) on such
- 53:34 – [Elise Boulding, Quakerism, Peace studies](#)
- 54:30 – [We are more alike than we are unlike, Prefigurative politics](#)
- 55:36 – [Liège Food Belt \(Ceinture Aliment-Terre Liégeoise\)](#)
- 56:17 – [Pakistan's rooftop solar boom after Trump's China solar tariffs](#)
- 57:21 – [European decarbonization](#) coupled with [de-industrialization](#)
- 58:38 – [Mouans-Sartoux: 80% locally grown, 100% organic school meals](#)
- 59:16 – [Knock-on effects on the wider community's eating habits](#)
- 59:40 – [Transition stories on Rob's website](#)
- 1:00:23 – [Ruth Ben-Tovim, Town Anywhere](#)
- 1:00:59 – [Smell and memory: recalling ~10,000 odors](#)
- 1:03:25 – [Field Recordings from the Future](#)
- 1:03:55 – [Biosphere: Substrata \(ambient music\)](#)
- 1:04:13 – [Mr Kit, "Girl Walking on a Beach Wearing a Skirt"](#)
- 1:05:12 – [Field Recordings from the Future](#) album on Bandcamp, [Live shows](#), [Immersive experience](#)
- 1:07:01 – [Mycelium materials research](#)
- 1:07:16 – [Circular economy, Doughnut economics](#)
- 1:07:22 – [Regenerative agriculture](#)
- 1:07:43 – [Our ~20 terawatt civilization \(more info\)](#) and [contracting energy throughput](#)
- 1:08:16 – [Loss aversion](#)
- 1:08:23 – [Jason Hickel and Dylan Sullivan \(2024\): decent living for 8.5 billion on 30% of current resources](#)
- 1:08:55 – [Public luxury in Copenhagen, Denmark](#)
- 1:10:28 – [Don DeLillo, Underworld](#)
- 1:10:50 – [Capitalism and the manufacture of desire](#)
- 1:11:53 – [Good Grief Network, Healthy Human Culture, Joanna Macy \(The Great Simplification Reality Roundtable on The Work that Reconnects\)](#)
- 1:12:20 – [Giving up flying for slow train travel](#)
- 1:13:40 – [Dr. Seuss's 50-word constraint, Limits and creativity](#)

The Great Simplification

- 1:13:53 - [Improv and creative constraints](#)
- 1:14:49 - ["Guide to Staying Human" Frankly series](#)
- 1:16:29 - [Time-machine comic book with cartoonist Thomas Liera](#)
- 1:17:46 - [Planetary boundaries](#), [Ecosystems unable to track climate change](#)
- 1:18:23 - [IPCC reports](#), [Bad news and motivation](#)
- 1:18:53 - [From What If to What Next](#) podcast, [Solitaire Townsend](#)
- 1:19:12 - [The climate movement's brilliant Act One, missing Act Two](#)
- 1:20:09 - [Malcolm X](#) vs. [Martin Luther King Jr.](#), [Just Stop Oil](#)
- 1:20:28 - [Black Panther Party free breakfast program](#) and [mutual aid](#)
- 1:20:44 - [Afrofuturism: Sun Ra](#), [Parliament-Funkadelic](#), [Octavia Butler](#), [Samuel R. Delany](#)
- 1:21:48 - [Inner Transition](#) ([Sophy Banks](#) and [Hilary Prentice](#))
- 1:23:15 - [The Art of Invitation courses](#)
- 1:23:30 - [Totnes Pound local currency](#)
- 1:24:50 - [The Time Traveller's Gazette](#) newsletter
- 1:25:32 - [Positive News](#), [Imagine5](#), [Possible \(We Are Possible\)](#)
- 1:26:58 - [Offshore wind](#), [Bicycle lanes](#), [District heating](#), [Co-housing](#), [Ecological architecture](#)
- 1:27:30 - [Take a permaculture design course](#)
- 1:28:23 - [Transitioning from oil and gas industry](#), [National oil companies](#) ([map](#)) control about 88% of proven oil reserves
- 1:31:00 - [Annaïg Plassard's time-travel activism](#)
- 1:31:10 - [France's Front Populaire \(2024 elections\)](#)
- 1:32:45 - [Rosa Parks](#) and the following [Montgomery Bus Boycott](#) that led to the [Civil Rights Act](#)
- 1:33:23 - [The Carbon Pulse](#), [Possible future shapes of the Carbon Pulse](#), [Future growth scenarios](#)