

Chapter 1: Can localization help “transcend the conventional left-right [political] dichotomy”?

Chapter 2: Why might economic localization actually be important for genuine international collaboration?

Chapter 3: How has globalization affected your life and that of your community? How has it affected the global North and South differently?

Chapter 4: What are some of the fears and worries that you and your community face on a regular basis? How might they be related to the global economy and consumer culture?

Chapter 5: What is being done in your community to re-localize economic activity? Can you think of policy shifts (at the local, national, and/or international level) that could facilitate localization?

Chapter 6: Which of the initiatives described in this chapter do you find most interesting? How can different initiatives (for food, finance, energy, etc.) collaborate to have a greater impact?

Chapter 7: Do you know of, or can you envision, some policy strategies that could help to build and strengthen local food systems?

Chapter 8: What other concerns about localization might people have? How would you respond?

Chapter 9: Do you think that raising awareness about the dominant economic system can strengthen activism? Are people generally aware of the political mechanisms that enable corporate rule?

Chapters 10-11: Is ‘big-picture activism’ needed, in your opinion? If so, do you see yourself taking an active part in it? How?

Chapter 12: Do you agree that localization is an antidote to the consumer culture? Why or why not? Could a shift towards the local help us regain our physical and mental health?

General Questions and Exercises

What do you think are the most important takeaways from the book?

Share a favorite quote from the book, and explain why you found it significant.

Pick a common imported product in your area. What are the steps in the global supply chain that led to the product reaching your community?

Make a list of some common recommendations for individual action that you often hear repeated (e.g. ‘conserve energy’, ‘buy local’, etc). Now brainstorm how these could be ‘scaled up’ and addressed in a more systemic way, and think of some policies that could support them.

After reading this book, do you feel compelled to take action on a particular issue more than any other? What do you feel inspired to do, and what first steps do you think you could take?

What aspects of your community or region make it unique and special to you? How can the insights and ideas from this book be adapted to suit your community’s particular strengths?

Brainstorm with others about ‘big-picture activism’. What strategies could communicate this perspective to others, while raising awareness about corporate rule and local alternatives?

This list is intended as a **starting point** for discussion and action. You probably have other questions, as well as ideas for what to do next. We would love to hear about both, so please consider sharing your thoughts with us at info@localfutures.org.

See the following page for some suggested next steps you can take...

What can ~~we~~ we do now?

Engage in big-picture activism. Spread the word about the corporate-led global economy, the importance of rebuilding healthy local economies, and the many inspiring initiatives already underway. There are many ways to do this: by holding talks and presentations, producing theater pieces, screening and discussing films, organizing an Economics of Happiness Workshop, facilitating debates, or writing opinion pieces. Check out the resources on the right side of this page if you're looking for more guidance.

Get involved with an organization or group that is focused on rebuilding fair and ecologically sound economic models from the ground up.

Seek out like-minded individuals in your area. Maybe there's a Transition Network branch near you, or a group promoting local food, or a solar power purchasing cooperative. Our list of [Organizations for Change](#) may help you get started. If you can't find the kind of group you're looking for, consider setting one up.

Put pressure on policymakers to shift taxes, subsidies, and regulations so that they favor the small and local instead of the big and global. Speak with local politicians, write to your representatives, and engage with activist groups and organizations.

Join global networks such as the [International Alliance for Localization](#) and others, to share ideas and success stories with like-minded people around the world.



Photo by Edu Cavalcanti © Local Futures

Resources on LocalFutures.org

- **Watch our film** [The Economics of Happiness](#) and [organize a screening](#).

- **Ask for our** [DIY Economics of Happiness Workshop Toolkit](#) to kick-start debate and transformative action in your area.

- **Browse through** [Planet Local](#), our library of inspiring grassroots localization projects around the world.

- **Read** [Ancient Futures](#), Helena Norberg-Hodge's first book, which has inspired people worldwide to rethink their conceptions of progress and development.

- **Subscribe to the** [Economics of Happiness Blog](#) and the [Local Bites Podcast](#)

- **Check out our** [Free Reading Materials](#), [Films for Change](#), [Recommended Readings](#), and [Independent Media Sources](#) pages.

- **Sign up for** [Local Futures' email updates](#) to continue learning about the issues, and to get announcements of events happening near you.

Whatever you do next, we would love to hear about it! Feel free to stay in touch with us through one of the channels listed below.

for more steps towards
an economics of happiness,
visit www.localfutures.org

✉ info@localfutures.org

f [TheEconomicsofHappiness](#)

🐦 [EconofHappiness](#)

📺 [Economics_of_Happiness](#)