We are on the verge of a true crisis of civilisation. Ecological disruption, chronic insatisfaction of the basic needs of a large part of humanity and degrading physical and mental health in industrialised countries are all symptoms of this crisis. In developed and developing countries alike, we must address the crisis’s main cause: the pursuit of a development approach focused on economic growth and based on intensive, inefficient use of natural resources. For us as individuals, this is a chance to become more alive. Simple adjustments to the way we buy, eat, live and travel can yield improvements in our health and self-satisfaction while helping build a better world. For humanity as a whole, this is a chance to evolve towards a more advanced stage of development. This book is a call for humanity to look itself in the mirror, question its identity as a species and re-examine its place in this world. It offers the keys to understand and take action at both individual and collective levels.

Isabelle Richaud is a professional in research and communication in the fields of sustainable development and international cooperation. She currently works at the French Ministry of Environment. Most importantly, she is a committed, caring citizen.

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