

Notes

- Chapter 1: Merton T. *No man is an island*. London: Hollis & Carter; 1955.
- Chapter 2: Schumacher EF. *Small is beautiful: economics as if people mattered*. New York: Harper & Row; 1973.
- Chapter 3: Seligman MEP. *Learned optimism: how to change your mind and your life*. New York: Vintage Books; 2011.
- Chapter 4: Hippocrates, cited in Witkamp RF, van Norren K. Let thy food be thy medicine . . . when possible. *Eur J Pharmacol* 2018;836:102–14.
- Chapter 5: Sanders B. Sanders & Schakowsky plan tackles wealth inequality with estate tax reform. [Internet]. United States Senate Committee on the Budget; 2015. Available from: <https://www.budget.senate.gov/ranking-member/newsroom/press/sanders-and-schakowsky-plan-tackles-wealth-inequality-with-estate-tax-reform>
- Chapter 6: Gandhi M, cited in Goodreads. Mahatma Gandhi > Quotes. [Internet]; 2023. Available from: https://www.goodreads.com/author/quotes/5810891.Mahatma_Gandhi?page=2
- Chapter 7: Boulding EM, cited in Goodreads. Elise Boulding > Quotes. [Internet]; 2023. Available from: <https://www.goodreads.com/quotes/16501-frugality-is-one-of-the-most-beautiful-and-joyful-words>
- Chapter 8: Vanzant I. *Forgiveness: 21 days to forgive everyone for everything*. Carlsbad: Smiley Books; 2017.
- Chapter 9: Marx K. Wage-labour and capital. *Neue Rheinische Zeitung*; 1849. Available from: <https://www.marxists.org/archive/marx/works/download/>
- Chapter 9: Marx K. *Capital: a critique of political economy. Volume 1, Part 1: the process of production of capital*. Moscow: Progress Publishers; 1867. Available from: <https://www.marxists.org/archive/marx/works/download/>
- Chapter 10: Louv R. *Last child in the woods*. London: Atlantic Books; 2010.
- Chapter 11: Hippocrates, cited in Batman DC. Hippocrates: ‘Walking is man’s best medicine!’. *Occup Med* 2012;62:320–24.
- Chapter 12: Storr W. *The status game: on social position and how we use it*. London: William Collins; 2021.
- Chapter 13: Jobs S. ‘You’ve got to find what you love,’ Jobs says. [Internet]. Stanford University Communications; 2005. Available from: <https://news.stanford.edu/2005/06/12/youve-got-find-love-jobs-says/>
- Chapter 14: Spitz R, Zuin L. *The definitive guide to thriving on disruption: volume II – essential frameworks for disruption and uncertainty*. California: Disruptive Futures Institute; 2022.

Chapter 15: Mandela N. Speech at Madison Park High School, Boston, 23 June 1990; reported in various forms [Internet]; 1990. Available from: <https://www.oxfordreference.com/display/10.1093/acref/9780191843730.001.0001/q-oro-ed5-00007046>