

	Conservative	Social-reformist	Sufficiency-oriented	Critical of capitalism	Feminist approaches
Diagnosis	Growth reaches natural and social boundaries because citizens and the state »live beyond their means«	Politics fixation on GDP-growth causes ecological crises	Any type of growth exploits resources: Decoupling resource use from GDP is impossible, over-consumption in the North takes place on the expense of the global South	Capitalist growth causes multiple crises, »imperial modes of living« (Brand) in the North takes place on the expense of the global South (climate debt)	Growth-economy leads to the exploitation and impoverishment of subsistence economics (household, global South, nature) and threatens reproduction
Drivers of growth	Consumption, social welfare, debts, greed, decadence	All growth-dependant structures, institutions and economic areas	Consumption, fixation on foreign and external supply, interest	The capitalist system, its ownership- and power-structures, privatizations	Capitalist accumulation, the division between production and low-paid, devaluated and mostly female reproduction
Necessary steps	Change in values, sacrifice and relief of the social welfare systems	Detaching the existing institutions (social welfare systems etc.) from growth, sustainable liberalism	Sufficiency and renunciation of consumption, less foreign supply, more localized supply and subsistence	Commons, solidarity economy, climate justice, more democratic elements in the economy and the state	Decommercialization, defence of the commons, building non-hierarchical, local structures
Instruments	Cutback of the welfare state, more »personal responsibility«, charity instead of redistribution, support of families and patriarchal division of labor	Ecologic taxation, sufficiency-policy, a solidary citizens-insurance, sustainable consumption, developing alternative prosperity-indicators	Expansion of subsistence-based and local economies, redistribution of working time, monetary- and land reform	Exemplary projects, economic democracy and investment control, reduction of working hours, basic- and maximal income, government regulations	Recovery of the commons, support of smallhold farms, local economy and non-monetary subsistence
Goal	Unavoidable contraction	A-growth, liberation from the growth-dogma	Degrowth	Degrowth	Compatible with degrowth, gender-just
Actors of change	Consumers and politicians	Politicians and civil society	Prosumers, alternative economic projects such as Transition Towns, community gardens, etc.	Social movements, climate-camps, unions, projects of the solidarity economy	Social movements against privatization and for commons, smallhold-agriculture and subsistence
Initiators	Meinhard Miegel, Kurt Biedenkopf, Denkwerk Zukunft	Angelika Zahrt, Irmi Seidl, environmental associations, parts of the church	Niko Paech, Vereinigung Ökologische Ökonomie, Netzwerk Wachstumswende	Attac, Social Innovation, Initiative for Eco-Socialism	Bielefelder Schule
Further reading	<ul style="list-style-type: none"> • Meinhard Miegel, Exit: Wohlstand ohne Wachstum, Berlin (List) 2010 • www.denkwerkzukunft.de 	<ul style="list-style-type: none"> • Irmi Seidl, Angelika Zahrt, Postwachstumsgesellschaft, Marburg (Metropolis) 2010 • Uwe Scheidewind, Angelika Zahrt, Damit gutes Leben einfacher wird, Munich (oekom) 2013 • www.postwachstum.de 	<ul style="list-style-type: none"> • Niko Paech, Liberation from Excess, Munich (oekom) 2012 • www.postwachstumsoekonomie.or 	<ul style="list-style-type: none"> • Werner Rätz u.a., Ausgewachsen, Hamburg (VSA) 2010 • Matthias Schmelzer, Alexis Passadakis, Postwachstum, Hamburg (VSA) 2010 • www.postwachstum.net • www.social-innovation.org • www.oekosozialismus.net 	<ul style="list-style-type: none"> • Veronika Bennholdt-Thomsen u.a., Das Subsistenzhandbuch, Wien (Promedia) 1999 • Veronika Bennholdt-Thomsen, Geld oder Leben, München (oekom) 2010 • Netzwerk Vorsorgendes Wirtschaftens, Wege Vorsorgenden Wirtschaftens, Marburg (Metropolis) 2012