

## THE TRANSITION COMPANION

### Making your community more resilient in uncertain times

Rob Hopkins *Foreword by Hugh Fearnley-Whittingstall*

- Draws on over three years' experience of the worldwide Transition movement and gives a new, easily accessible approach to creating change
- Builds on the success of the bestselling *The Transition Handbook* (over 25,000 copies sold in the UK)
- Packed with inspirational stories, photos and illustrations

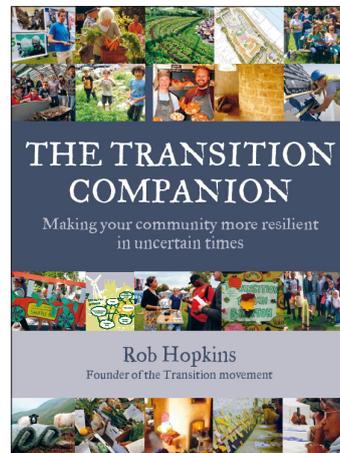
*"What I love about the Transition approach is that it is inspirational – harnessing hope instead of guilt, and optimism instead of fear."* – Patrick Holden, Director, The Soil Association

In 2008, the bestselling *The Transition Handbook* suggested a model for a community-led response to peak oil and climate change. Since then, the Transition idea has gone viral around the world, from Italian villages and Brazilian favelas to universities and London neighbourhoods. In contrast to the ever-worsening stream of information about climate change, the economy and resource depletion, Transition focuses on solutions; on community-scale responses; on meeting new people and having fun.

*The Transition Companion* picks up the story three years later, drawing from the experience of one of the most fascinating experiments under way in the world today. It tells inspiring tales of communities working for a future where local economies are valued and nurtured, where lower energy use is seen as a benefit, and where enterprise, creativity and the building of resilience have become cornerstones of a new economy.



**The Author:** Rob Hopkins has created this book through a collaborative process involving thousands of people. He is the co-founder of Transition Town Totnes and of the Transition Network. He is recognised globally for his grassroots work in promoting community resilience in the light of peak oil and climate change. His blog is on [www.transitionculture.org](http://www.transitionculture.org).



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#### Contents:

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Why the Transition movement does what it does

Part Two:

What the Transition response looks like in practice

Part Three:

The ingredients of Transition: how the Transition movement does what it does

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