

Press Release

24 October 2011

WELLBEING = Happy people, happy planet
says Resurgence magazine

Even though happiness is moving up the political agenda, it is not enough, according to *Resurgence*, a publication dedicated to creating a more ecological and equitable world.

The November/December issue of *Resurgence*, entitled: *Wellbeing: Happy People, Happy Planet*, tackles this issue stating that happier people make better choices for themselves, each other and society as a whole.

The magazine has articles from a range of activists within the happiness movement, supporting this notion, including:

- Mark Anielski, author of *The Economics of Happiness: Building Genuine Wealth*
- Herman Daly, Professor of Public Policy at the University of Maryland
- Robert Holden, director of The Happiness Project
- Richard Layard, director of the Wellbeing Programme at the LSE Centre for Economic Performance
- Nic Marks, founder of the Centre for Well-being at NEF
- Peter Owen Jones, Anglican Priest and presenter of BBC's *Extreme Pilgrim*
- Richard Ryder, author of *Speciesism, Painism and Happiness: A Morality for the twenty first century*
- Anthony Seldon, Master of Wellington College and co-founder of the Action for Happiness Movement

Articles in the magazine include: Stillness in Schools, The Happy Planet Index on what is the happiest country, True Measures of Wellbeing and Welfare and a feature on the obstacles that stand in the way of happiness.

Satish Kumar, editor-in-chief of *Resurgence* says: "We are happy only when we make others happy – it is a seamless process. If the forests are gone, if biodiversity is diminished, if water

is polluted, if cruelty is inflicted on animals, then there can be no personal peace or social coherence. If human communities are damaged because of poverty and deprivation, then they will be forced to encroach more upon natural resources. Therefore social justice is an essential part of wellbeing. So the big vision of wellbeing is that it must be a personal, social and ecological whole: Happy people, happy planet.”

Other contributors to the November/December issue of the magazine include Jayati Ghosh, Leo Hickman, Rob Hopkins, Ruth Potts, and Andrew Simms.

This year *Resurgence* celebrates its 45th anniversary.

- Ends -

For further information, to obtain a copy of the magazine, reproduce an article from Resurgence or to arrange an interview with Satish Kumar, please contact:

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Notes to Editors:

1. Satish Kumar has dedicated his life to campaigning for peace. At 18 he undertook an 8,000 mile peace pilgrimage and at 50 he went on a 2,000 mile peace pilgrimage. His radical and wide-ranging work has included creating the Small School in Hartland, Devon, a pioneering secondary school (aged 11-16), which brings into its curriculum ecological and spiritual values. He teaches, lectures and runs workshops internationally on reverential ecology, holistic education and voluntary simplicity.
2. *Resurgence* is published six times a year, at £4.95 an issue. For membership and further information, visit www.resurgence.org.
3. Resurgence magazine is published by The Resurgence Trust (no.1120414) registered at Ford House, Hartland, Bideford, Devon, EX39 6EE, UK.