



Depression 2.0: Creative Strategies for Tough Economic Times (Process Self-reliance Series)

Cletus Nelson

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With contributions from **Douglas Rushkoff, Claire Wolfe** and **Charles Hugh Smith**

We have grown accustomed to life in a stable and prosperous society, and many of us are not prepared for financial uncertainty.

Depression 2.0 is a practical, empowering, hands-on guide to persevering and even thriving in the event of an economic crisis.

Placing particular emphasis on self-sufficiency, community-building, and personal resilience, this timely, informative book offers a hopeful way forward in a time of great uncertainty. Bankruptcy, barter, and survival investing are just a few of the important topics explored.

Chapters include:

- Worst Case Scenario: Contemplating Unemployment
- Down but Not Out: Economics for Leaner Times
- Walking Away: Thinking about Bankruptcy
- In Case of Emergency: The Resilient Home
- Return to Simplicity: Retreat Options
- Keeping the Lights on: Home Energy Solutions
- Between the Cracks: When You Have No Shelter
- Beyond Currency: When Greenbacks Go Bad
- Survival Finances: Crisis Investing
- Future Shift: The Road Ahead

Depression 2.0 is the fourth title in Process' celebrated **Self- Reliance Series**, created to help urbanites make smart choices to live sustainably in the twenty-first century.

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