Unbreaking
Catalogue

Welcome to the Unbreaking catalogue

Enviromentally, socially, economically there's a lot that's broken

Unbreaking is a new imprint from publisher 5m Books focusing on the regenerative action we need to take in response to the varied and interlinked challenges we face, encompassing agroecological, socio-political, economic and financial regeneration.

We want to hear from everyone about anything that will contribute to unbreaking our planet and our systems.

We're having exciting conversations, and welcome book ideas, in the following areas:

- agri-food system
- agroecological & regenerative farming
- alternative & local currencies
- cooperative & worker-led business structures
- degrowth, ecological & alternative economics
- land access
- social enterprises
- thrutopia
- universal basic incomes/ services

www.unbreaking.eco

Unbreaking
Our planet and our systems

Doubt, Hope, Action

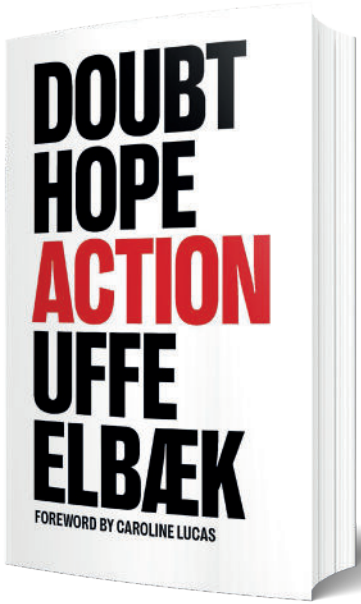
Invitation to a Gentle Revolution

Uffe Elbæk

Doubt, Hope, Action is Uffe Elbæk's journey in search of hope and an invitation to a gentle revolution.

Blending sharp social analysis with heartfelt optimism, *Doubt, Hope, Action* urges progressive movements and all people to recognise their shared purpose—and to unite, mobilise, and act. Now is not the time to sit on the sidelines.

May 2026 | ISBN 9781917159296
£15.99 | $24.99 | €18.99 | 224p PB



Manifesto for World Revolution

2nd Edition

Kalle Lasn, Pedro Inoue, Bruce Grierson

From the strategists who sparked Occupy Wall Street, and the author of the hit books *Design Anarchy*, *Meme Wars* and *Culture Jam*, now comes nothing less than the *Manifesto for World Revolution*. A compelling vision of a non-violent grassroots insurgency — borderless, leaderless, beyond Left and Right — in a last ditch We-the-People stand.

Mar 2025 | ISBN 9781917159104
£20 | $25 | €24 | 248p HB

Mar 2025 | ISBN 9781917159111
£12 | $15 | €15 | 400p PB

Food & Farm Revolution

For Our Climate, Our Biodiversity, Our Health, Even Our Very Existence

Benedikt Bösel

Climate change, biodiversity loss and soil degradation are three interlinked crises that threaten our very existence – and they all converge in agriculture. The way we produce food and farm must change.

Food & Farm Revolution is a call to action for anyone concerned about the future of food, farming, and our planet.

Jun 2026 | ISBN 9781917159241
£21.99 | $34.99 | €26.99 | 256p HB

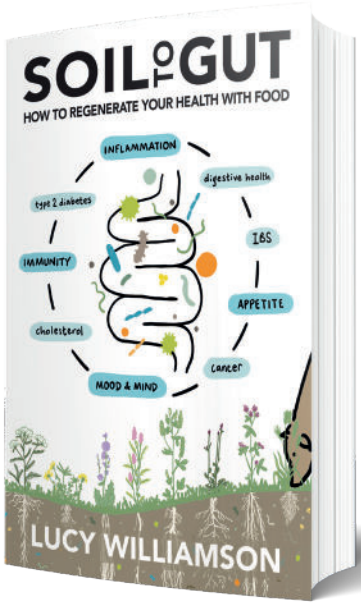
Soil to Gut

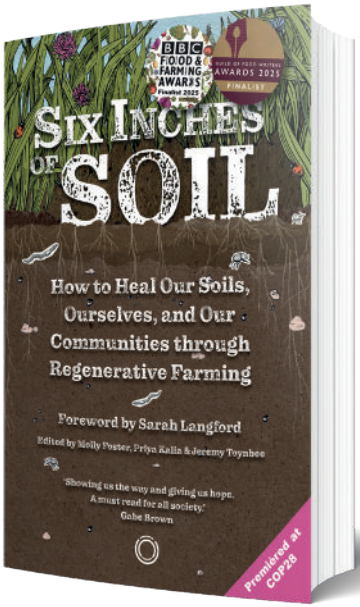
How to Regenerate Your Health with Food

Lucy Williamson

Soil to Gut cuts through the confusion of modern food choices. Written by Dr Lucy Williamson—Registered Nutritionist and former vet—this practical handbook offers clear, evidence-based advice rooted in the link between soil, food, and gut health. Simple tips help you eat well, feel better, and make choices that support both your health and the planet.

Jul 2026 | ISBN 9781917159333
£21.99 | $34.99 | €26.99 | 212p HB





Six Inches of Soil

How to Heal Our Soils, Ourselves and Our Communities Through Regenerative Farming

Edited by Molly Foster, Priya Kalia, Jeremy Toynbee

Six Inches of Soil, the film and this companion book, is the inspiring story of three British farmers standing up to the industrial food system and transforming the way they produce food – to heal the soil, benefit our health and provide for local communities.

Apr 2024 | ISBN 9781917159005
£19.99 | $29.99 | €35.99 | 360p PB

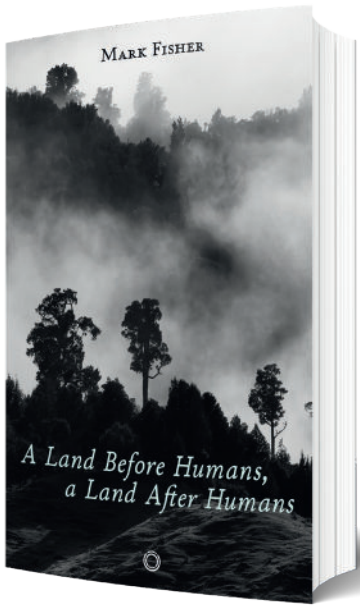
A Land before Humans, a Land after Humans

How Nature and People Shape the Ecology of New Zealand

Mark Fishert

A Land before Humans, a Land after Humans takes New Zealand as a case study and looks at the practical and ethical considerations of the ambition to deal with New Zealand's invasive species problem.

Feb 2025 | ISBN 9781789183634
£14.95 | $24.95 | €17.95 | 350p PB



Forthcoming titles

Bamboo and Butterfly: Transformative Stories for Climate and Nature Recovery – Jules Pretty

Basic Hope: How Universal Basic Income Could Transform Our Lives and Society – Sandra Vahle

Nourishing the Future: Seeking Regenerative Food Systems – Mark Everard

Now That We're Cooked, What Do We Do? Manifesting the Best Future Possible in an Age of Collapse – Rupert Read

Stop the Damage! Build a Better Future! Getting Real about Ecological, Social and Economic Perils – Mark Burton, Carolyn Kagan, James Vandeventer

Why Unbreaking?

For far too long, we've separated ourselves from nature putting our humanness on a pedestal above all else.

Through this mindset we're not only wreaking havoc on the environment, but we're also destroying ourselves.

The divide between the haves and the have nots has grown and the democratic system seems to be crumbling around our ears.

Scientists have long been sounding the alarm to warn us about the damage we're inflicting on the planet, but we're still way off net zero targets.

GDP is a tired, linear model that values wealth in financial terms only, it doesn't take the health of our earth's vital natural resources into consideration or the wellness and happiness of people; but there is a solution.

The circular economy puts planetary boundaries on an equal footing with people and profit. It encourages innovative new ways of working regeneratively across industries based on systems thinking design methodology. And it helps to protect and regenerate natural ecosystems through nature friendly methods such as regenerative farming, whilst capturing, storing and reusing precious finite natural resources, protecting our soils, air, rivers and oceans.

We're passionate about these subjects, which is why we're launching our new imprint, Unbreaking.

A multi-disciplinary space, Unbreaking provides a publishing platform for books based on, but not limited to, new theories, results of trials, impassioned argument, polemics and the seemingly unconventional.

It welcomes books that speak to academics and policy makers, to those fighting for change, and, crucially, to those who are as yet unaware or unaccepting of the need for change.

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