Core Works

Adam Tugwell | Cheltenham, U.K. | November 2026



These are the essays, frameworks, stories and proposals that best represent my thinking. Together they explore personal sovereignty, human flourishing, local resilience, governance, economics, technology, and our relationship with each other and the living world. While I have written many articles, these are the works I believe form the foundation of everything else.

Start Here: Four Foundational Works

If you're new to my work, these four pieces provide the clearest introduction to the ideas that run through everything else. Together they explore personal sovereignty, economic dignity, community resilience and the responsible use of technology.

Personal Sovereignty

What does it mean to govern your own life in a world increasingly shaped by institutions, technology, narratives and external pressures? This essay explores autonomy, responsibility and self-authorship.

Read: Personal Sovereignty

The Independence Threshold

A new way of understanding poverty, prosperity and what people genuinely need to live with dignity, security and choice in a modern economy.

Read: The Independence Threshold: A New Definition of Poverty for a Modern Economy

The Local Economy Governance System (LEGS)

A framework for organising local economies around contribution, participation, stewardship and shared prosperity.

Read: The Local Economy Governance System (LEGS)

The Human Sovereignty Charter for Artificial Intelligence

A human-centred framework for ensuring technology serves people rather than people serving technology.

Read: The Human Sovereignty Charter for Artificial Intelligence

The Individual

The individual is the starting point for all meaningful change. Before we can transform our communities, institutions or societies, we must first understand ourselves.

Personal Sovereignty

The foundation of individual freedom, responsibility and self-authorship.

Read: Personal Sovereignty

Nobody Knows the Story Like the Author

A reflection on narrative ownership and lived experience. Nobody can fully understand your journey from the outside. The person best placed to understand your life is the one who has lived it.

Read: Nobody Knows the Story Like the Author

The Choice

A waking-up story about the moment we realise that different futures are possible and that participation in shaping them is itself a choice.

Read: The Choice

The Myth Catcher

A guide to recognising inherited assumptions, cultural myths and prevailing narratives in order to see more clearly.

Read: The Myth Catcher

The Moment

An exploration of presence, awareness and the unique power of the present moment as the place where all change occurs.

Read: The Moment

Foundational Principles

These works explore the beliefs, assumptions and principles that shape our lives, cultures and institutions.

One Rule Changes Everything

A simple principle with far-reaching implications for individuals, communities and systems.

Read: One Rule Changes Everything

Your Beliefs Today Create Everyone's Experiences Tomorrow

An examination of how collective beliefs shape institutions, incentives, behaviours and ultimately the future itself.

Read: Your Beliefs Today Create Everyone's Experiences Tomorrow

The Money Illusion

A challenge to conventional assumptions about wealth, value and economics, inviting readers to reconsider what money is actually for.

Read: The Money Illusion

Economic Foundations

A collection of works exploring prosperity, poverty, dignity, participation and the role of economics in human flourishing.

The Basic Living Standard

A proposal exploring the minimum conditions required for genuine security, dignity and participation in society.

Read: The Basic Living Standard

The Independence Threshold

A proposal for redefining poverty in terms of genuine independence and participation rather than simple income measures.

Read: The Independence Threshold

Is Poverty Invisible to Those Who Don't Experience It?

A reflection on poverty, perception and the gap between lived experience and public understanding.

Read: Is Poverty Invisible to Those Who Don't Experience It?

An Economy for the Common Good

A proposal for aligning economic systems with human and community wellbeing rather than narrow financial objectives.

Read: An Economy for the Common Good

Reimagining Society

These works explore how communities, economies and institutions might be redesigned around contribution, participation and local resilience.

Our Local Future

A vision of stronger communities built around local participation, ownership and stewardship.

Read: Our Local Future

The Local Economy Governance System (LEGS)

The foundational framework for organising local economies around contribution, participation and shared prosperity.

Read: The Local Economy Governance System (LEGS)

The Contribution Culture

An exploration of how societies might move beyond extraction and consumption towards meaningful contribution.

Read: The Contribution Culture

Levelling Level

A reflection on equality, opportunity and the foundations of a fair society.

Read: Levelling Level

From Here to There Through Now

A practical exploration of transition, showing how meaningful change is built through present action rather than distant aspiration.

Read: From Here to There Through Now

Governance & Democracy

A collection of works exploring leadership, democracy, participation and political renewal.

The Way of Awakened Politics

An exploration of politics grounded in wisdom, service and the long-term wellbeing of communities.

Read: The Way of Awakened Politics

Manifesto for a Good Dictator

A thought process examining power, leadership and the responsibilities that accompany authority.

Read: Manifesto for a Good Dictator

How to Get Elected

A practical look at politics, representation and democratic engagement.

Read: How to Get Elected

A Community Route

A roadmap for community-led change and local action.

Read: A Community Route

The Grassroots Manifesto

A call for citizen-led participation and bottom-up renewal.

Read: The Grassroots Manifesto

Officially None of the Above

A challenge to political orthodoxy and conventional electoral choices.

Read: Officially None of the Above

Food, Water & Community Resilience

These works focus on the practical foundations of thriving communities.

Who Controls Our Food Controls Our Future

An examination of food systems, dependency and resilience.

Read: Who Controls Our Food Controls Our Future

Food From Farms Guaranteed

A proposal designed to strengthen food security and direct relationships between communities and producers.

Read: Food From Farms Guaranteed

Foods We Can Trust

A blueprint for food security, transparency and resilience.

Read: Foods We Can Trust

Water We Can Trust

An exploration of stewardship and the importance of protecting one of humanity's most essential resources.

Read: Water We Can Trust

Grow Your Own

A practical argument for restoring local capacity, food knowledge and household resilience.

Read: Grow Your Own

Humanity, Technology & The Future

The future should serve people, communities and the living world, not the other way around.

The Human Sovereignty Charter for Artificial Intelligence

A constitutional framework for ensuring that AI serves humanity while preserving human agency, dignity and freedom.

Read: The Human Sovereignty Charter for Artificial Intelligence

Our Earth Body

A reflection on humanity's relationship with the planet and the responsibilities that come with belonging to a living system.

Read: Our Earth Body: Living Lightly on a Heavy and Troubled Planet

Closing Note

None of these works stands alone. Each is part of an ongoing exploration into a simple but profound question:

How can people, communities, institutions and technologies evolve together in ways that increase freedom, dignity, resilience and human flourishing?

These Core Works represent my best attempt, so far, to answer that question.

Further Information

To explore more of Adam Tugwell's writing, including the online edition of this post, please visit:
www.adamtugwell.blog

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