Contents

	Preface	ix
	Introduction	Í
	PART ONE:	
	WHY DID IT ALL GO WRONG?	
I.	Our Polarised World	II
2.	The Rise of Populists	33
3.	The Third P: Post-Truth and the Uses of Lying	49
4.	The Slow Death of Democracy	61
5.	The Threat of Fascism	79
6.	The Perils of Disengagement	103
	PART TWO:	
	HOW YOU CAN HELP FIX IT	
7.	Resist Cynicism	I2I
8.	Develop a Campaigning Mindset	137
9.	Be a Leader	157
0.	Be a Team Player	175
II.	Be a Strategist	191
2.	Learn Confidence	201
3.	Acquire Persevilience	217
4.	A Tale of Two Campaigns	227

PART THREE:

TAKING THE NEXT STEP

15.	Get Your Message Across	241
16.	How to Become a Campaigner	265
17.	How to Get into Politics	279
	My top ten reasons to think about	
	going into politics	299
	Acknowledgements	301
	Index	303