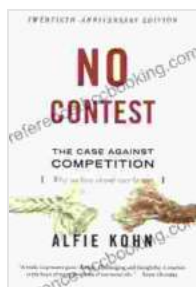


No Contest: The Case Against Competition

Competition is killing us. It's making us sick, stressed, and unhappy. And it's destroying our planet.



No Contest: The Case Against Competition by Alfie Kohn

★★★★☆ 4.4 out of 5

Language	: English
File size	: 1042 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 340 pages
Screen Reader	: Supported



In *No Contest*, Alfie Kohn argues that competition is a fundamentally flawed system that doesn't work for anyone. He shows how competition undermines our creativity, our productivity, and our relationships. And he offers a compelling vision of a world without competition, where we can all thrive together.

Competition is bad for our health

Competition has been linked to a number of health problems, including heart disease, stroke, cancer, and obesity. It can also lead to anxiety, depression, and insomnia.

One of the reasons competition is so harmful is that it triggers our "fight or flight" response. This response is designed to help us survive in dangerous

situations. But when we're constantly competing, our bodies are in a constant state of stress. This can lead to a number of health problems, including high blood pressure, heart disease, and stroke.

Competition can also lead to depression and anxiety. When we're constantly comparing ourselves to others, we're bound to feel inadequate. This can lead to feelings of self-doubt and low self-esteem. And when we're not able to meet our own expectations, we may feel like we're failures.

Competition is bad for our productivity

Competition can also lead to a number of productivity problems. When we're competing with others, we're less likely to be creative and innovative. We're also more likely to make mistakes and take risks.

One of the reasons competition is so harmful to productivity is that it creates a climate of fear and distrust. People are afraid to share their ideas or take risks for fear of being criticized or rejected. This can lead to a culture of conformity and mediocrity.

Competition can also lead to conflict and tension. When people are competing for the same resources, they're more likely to clash with each other. This can lead to a breakdown in communication and cooperation.

Competition is bad for our relationships

Competition can also damage our relationships. When we're constantly competing with others, we're less likely to trust and cooperate with them. We're also more likely to be jealous and resentful of their success.

One of the reasons competition is so harmful to relationships is that it creates a sense of scarcity. People feel like there's not enough to go around, so they're less likely to share and cooperate. This can lead to a breakdown in trust and cooperation.

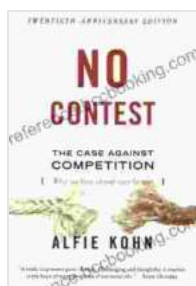
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A world without competition

What would a world without competition look like? It would be a world where people are free to cooperate and collaborate with each other. It would be a world where people are valued for their unique talents and contributions. And it would be a world where everyone has the opportunity to thrive.

In *No Contest*, Alfie Kohn offers a compelling vision of a world without competition. He shows how we can create a more just, equitable, and sustainable world by working together.

If you're tired of the rat race, if you're ready for a change, then read *No Contest*. It will change the way you think about competition, and it will inspire you to create a better world.



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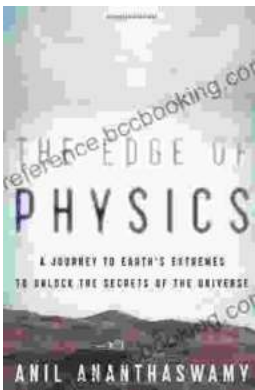
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