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## Sufficiency: Toward a Physics-Inspired Economics

*Monday 12 May 2025 18:45 (30 minutes)*

This work explores the interdisciplinary concept of sufficiency leading us to reimagining economic theory through the lens of physics, with a particular focus on sufficiency corridors. Drawing inspiration from thermodynamics and systems theory, it proposes a shift away from traditional scarcity-driven models toward a paradigm grounded in balance and Earth system constraints. Sufficiency emerges as a guiding principle—offering a counterpoint to infinite growth models and redirecting attention from individual behaviour to collective social norms and practices. This presentation lays the groundwork for a physics-inspired economics that is both analytically rigorous and ecologically attuned

**Presenter:** Prof. SAHEB, Yamina

**Session Classification:** Invited Talk