



The Dynamics of Social Practice: Everyday Life and how it Changes

Elizabeth Shove, Mika Pantzar, Matt Watson

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Everyday life is defined and characterised by the rise, transformation and fall of social practices. Using terminology that is both accessible and sophisticated, this essential book guides the reader through a multi-level analysis of this dynamic.

In working through core propositions about social practices and how they change the book is clear and accessible; real world examples, including the history of car driving, the emergence of frozen food, and the fate of hula hooping, bring abstract concepts to life and firmly ground them in empirical case-studies and new research.

Demonstrating the relevance of social theory for public policy problems, the authors show that the everyday is the basis of social transformation addressing questions such as:

- how do practices emerge, exist and die?
- what are the elements from which practices are made?
- how do practices recruit practitioners?
- how are elements, practices and the links between them generated, renewed and reproduced?

Precise, relevant and persuasive this book will inspire students and researchers from across the social sciences.

Elizabeth Shove is Professor of Sociology at Lancaster University. **Mika Pantzar** is Research Professor at the National Consumer Research Centre, Helsinki. **Matt Watson** is Lecturer in Social and Cultural Geography at University of Sheffield.

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