



## Episode 1: The Truth About American Cities

Episode Link: [https://www.youtube.com/watch?v=y\\_SXXTByplg](https://www.youtube.com/watch?v=y_SXXTByplg)

Running Time: 5:32

“Once you learn about Strong Towns, you’ll start to understand why car-dependent suburbia can’t continue. It’s not a matter of preference or how people want to live, these places simply cannot sustain themselves.”

### Discussion Questions

- In Episode 1, Jason Slaughter (the creator of *Not Just Bikes*) talks about how his ideas of what makes a city great were formed by years visiting and living in cities around the world. What are some experiences and ideas that have shaped your own ideas about what makes certain towns and cities great?
- More specifically, what is your Strong Towns “origin story”? Where did you first hear about Strong Towns?
- What is a community you have visited or lived in that you would describe as “great”? What are some of the things that made it work?
- Now the converse: What is a community you have visited or lived in that didn’t work? Where did it fall short?
- Jason says encountering Strong Towns ideas fundamentally changed how he sees cities, and especially city finances. Have you had a similar experience? If so, how?
- What else stood out to you from Episode 1?

### Ideas for Taking Action

- Share this episode with someone whom you think the content will resonate with.
- Talk with a neighbor, friend, family member, or colleague about their experience living in your town or city. Where do they see people thrive? Where are people struggling? What are their hopes and dreams for your community? Even if they haven’t heard of Not Just Bikes or Strong Towns yet, is there an opportunity to work together to make your place stronger?
- Become a content creator who talks about these ideas on your own blog, TikTok, YouTube channel, etc. No, seriously. For inspiration, see Lauren Fisher’s article, “[When Content Creators Share Strong Towns Ideas, People Listen](#),” and [Chuck Marohn’s 2021 podcast interview with Jason Slaughter](#).

## Essential Strong Towns Content

- Articles
  - [“The Strong Towns Approach,”](#) by Charles Marohn.
  - [“Strong Towns versus Conventional Thinking,”](#) by Charles Marohn.
  - [“6 Principles for Building a Strong Town,”](#) by John Pattison.
- Video
  - [“Auto-Oriented Development Is a Huge Experiment”](#) (Curbside Chat #2).
  - [“Our Cities Are Broken—Now What?”](#)

## Go Deeper

- Articles
  - [“12 Ideas That Embody How Strong Towns Advocates Think,”](#) by Daniel Herriges.
  - [“My Journey from Free-Market Ideologue to Strong Towns Advocate,”](#) a 7-part series by Charles Marohn.
  - [“When Content Creators Share Strong Towns Ideas, People Listen,”](#) by Lauren Fisher.
- Podcast
  - [Strong Towns Podcast: “Jason Slaughter: The Goal Isn’t to Build a Cycling City”.](#)
- Book: [Strong Towns: A Bottom-Up Revolution to Rebuild American Prosperity,](#) by Charles Marohn.
- Free Online Course: [Strong Towns 101](#).

## Got Questions?

Check out the [Strong Towns Action Lab](#). You can type in any word, phrase, or question into the search bar and be directed to core insights, top content, and case studies for your query. Try it out by typing in “Strong Towns Approach.”

## Not Just Bikes

- YouTube: [@notjustbikes](#)
- TikTok: [@notjustbikes](#)
- Patreon: [@notjustbikes](#)

## Strong Towns

- Website: [www.strongtowns.org](http://www.strongtowns.org)
- YouTube: [@strongtowns](#)
- Action Lab: [actionlab.strongtowns.org](http://actionlab.strongtowns.org)