



Yes, It Depends, Not Really: Does Money Make Us Happy?

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“VAST AND INCONCLUSIVE”





THE HAPPINESS SPECTRUM





“THE CANTRIL LADDER”

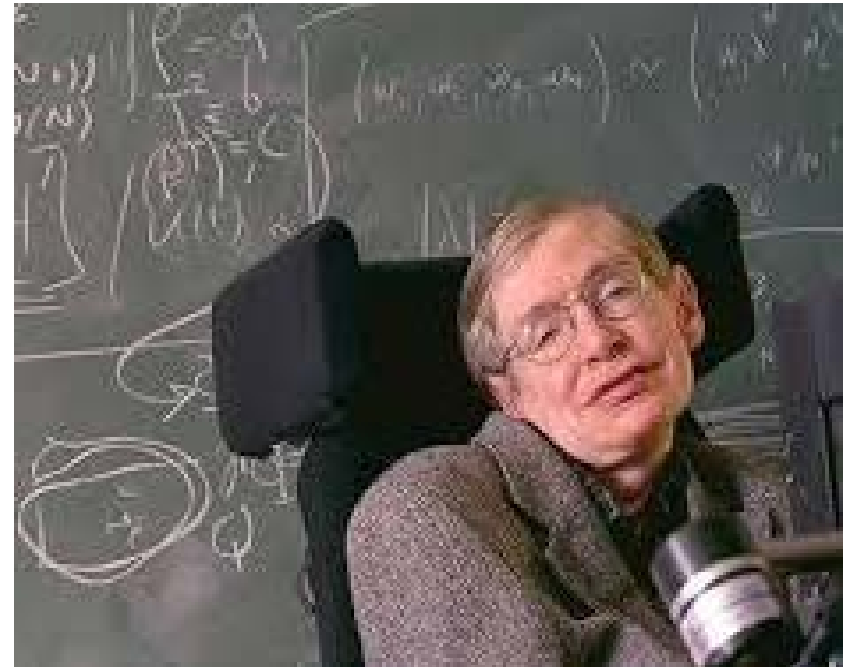
Please imagine a ladder with steps numbered from 0 at the bottom to 10 at the top. The top of the ladder represents the best possible life for you, and the bottom of the ladder represents the worst possible life for you. On which step of the ladder would you say you personally feel you stand at this time?



“HEDONIC ADAPTATION”

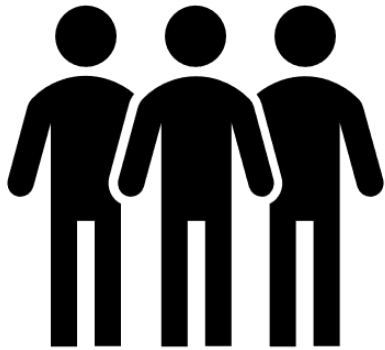


“HEDONIC ADAPTATION”





WHAT MATTERS



Connection



Control



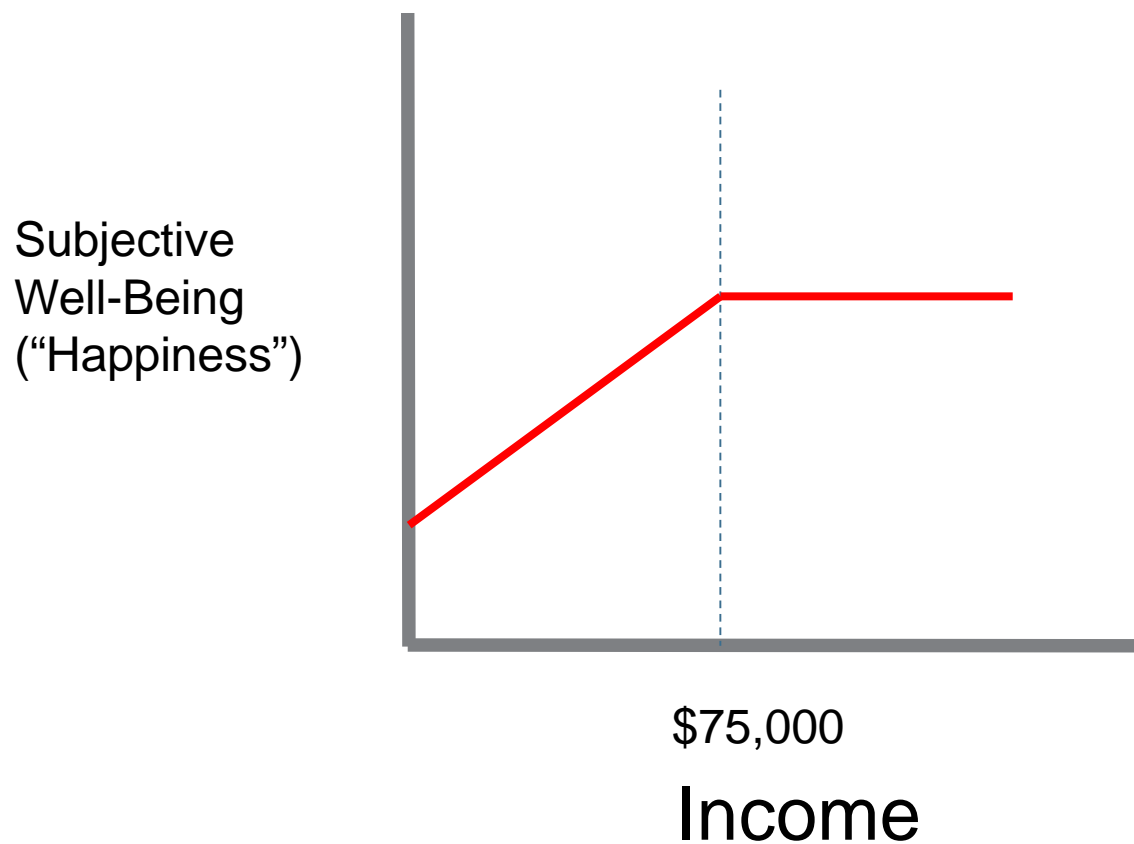
Competence



Context



THE LIMITS OF MONEY AND HAPPINESS





WISE SPENDING

- Buy experience – and things that enhance experience
 - Social media and the “sharing” of experience
- Buy time
- Invest in others
- Buy meaning – the “Four C’s”



REFRAMING THE QUESTION

Can you afford a meaningful life?



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