



Material Happiness

Uncoupling a meaningful life from the destruction of nature



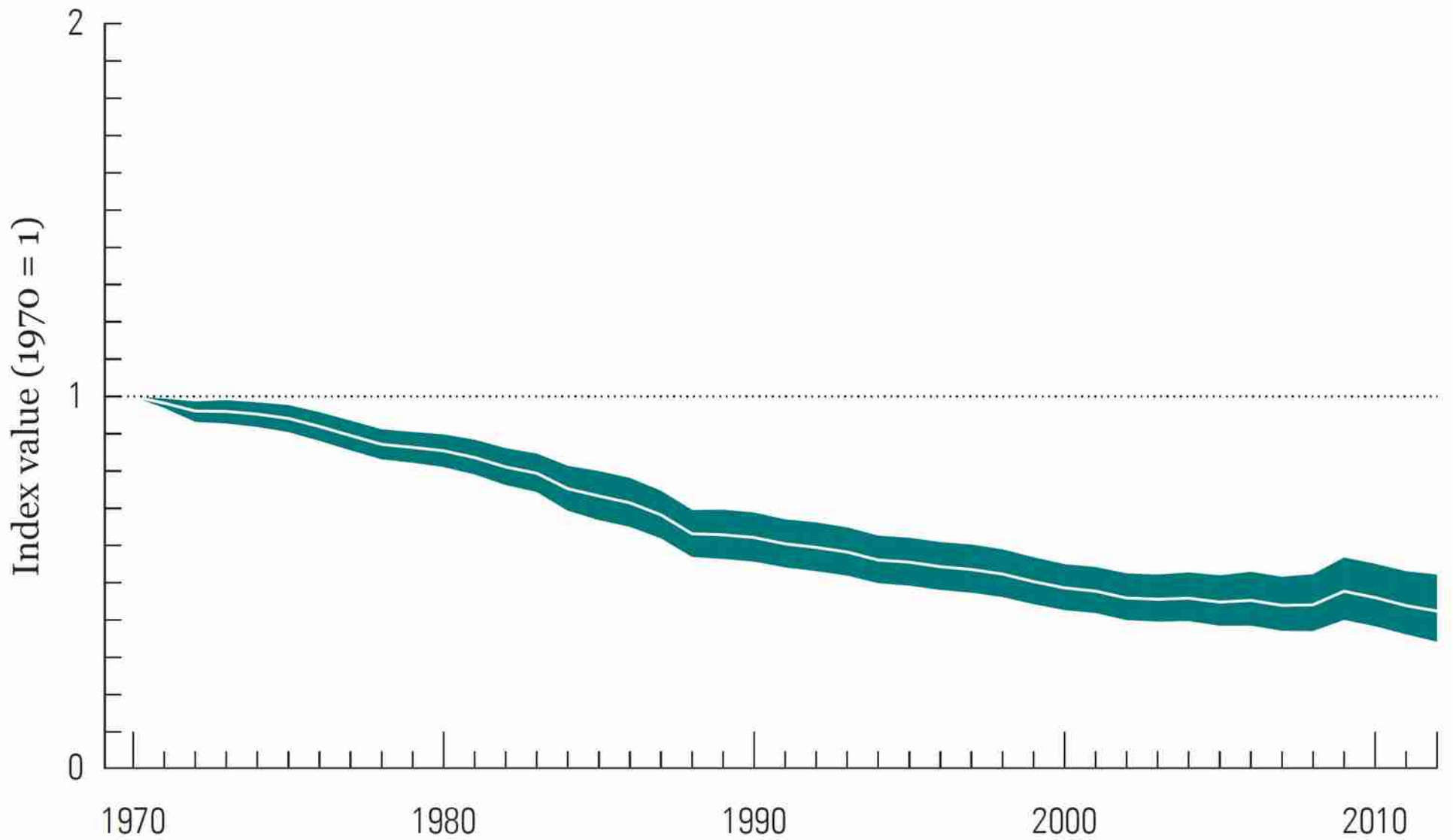
“...a sustainable future will require that society radically changes the way in which we define quality of life and social status on the basis of material consumption.”

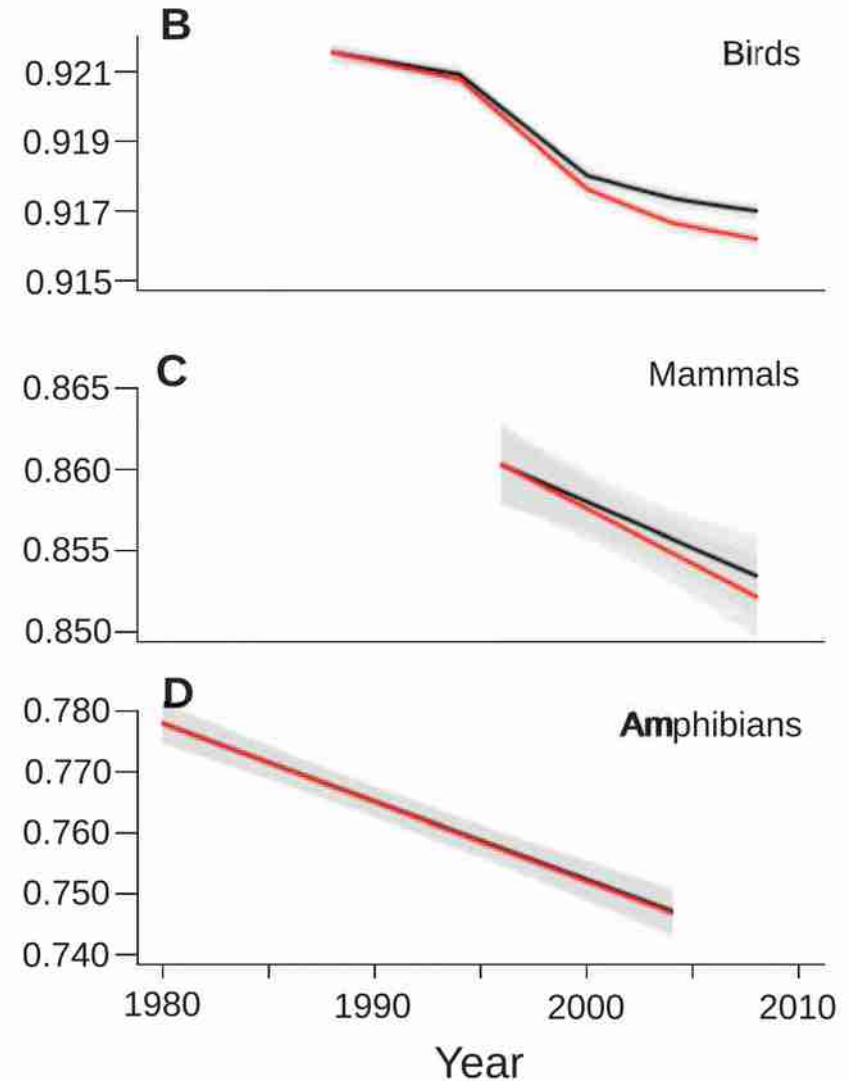
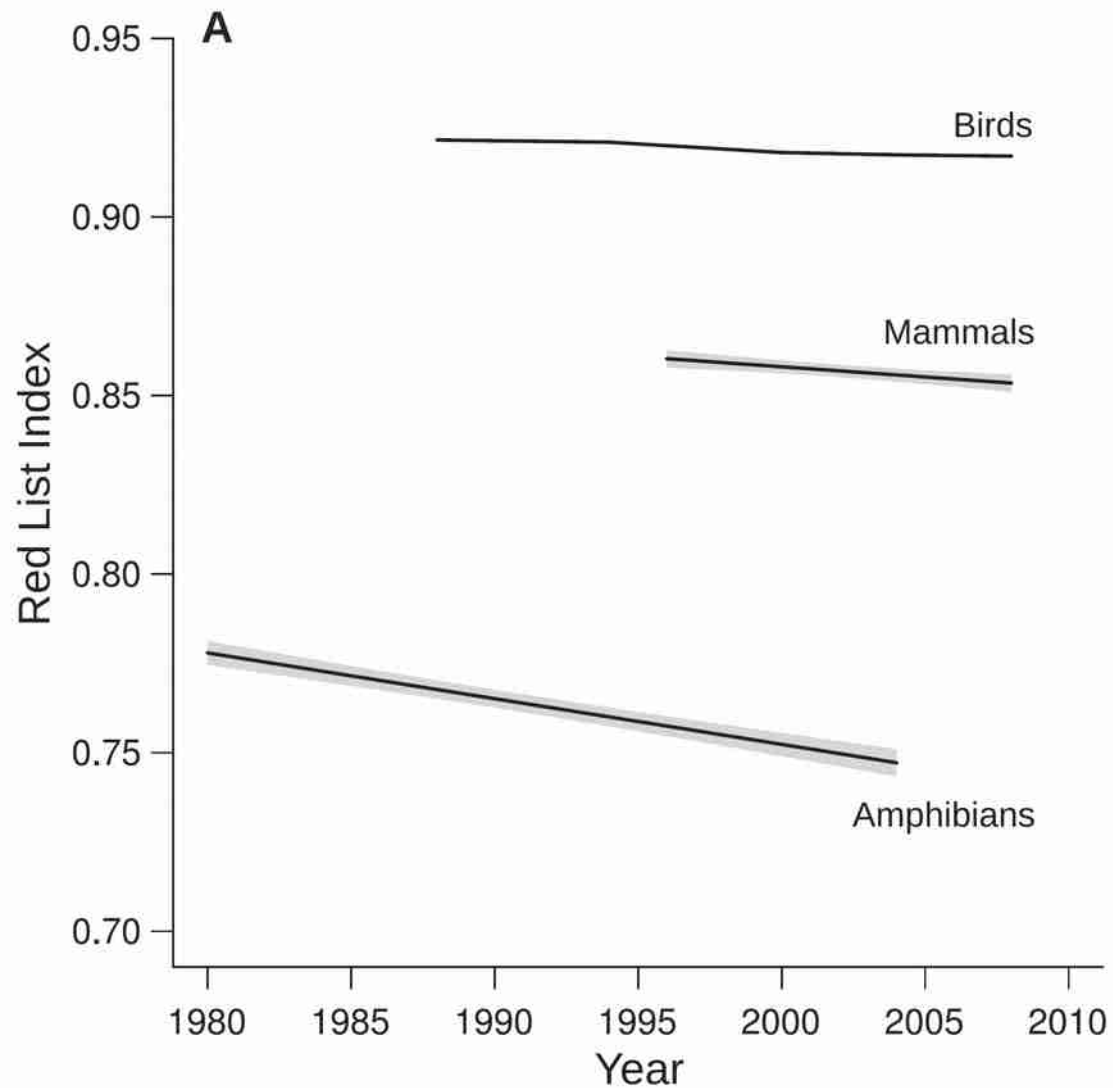


**BLACK
FRIDAY**

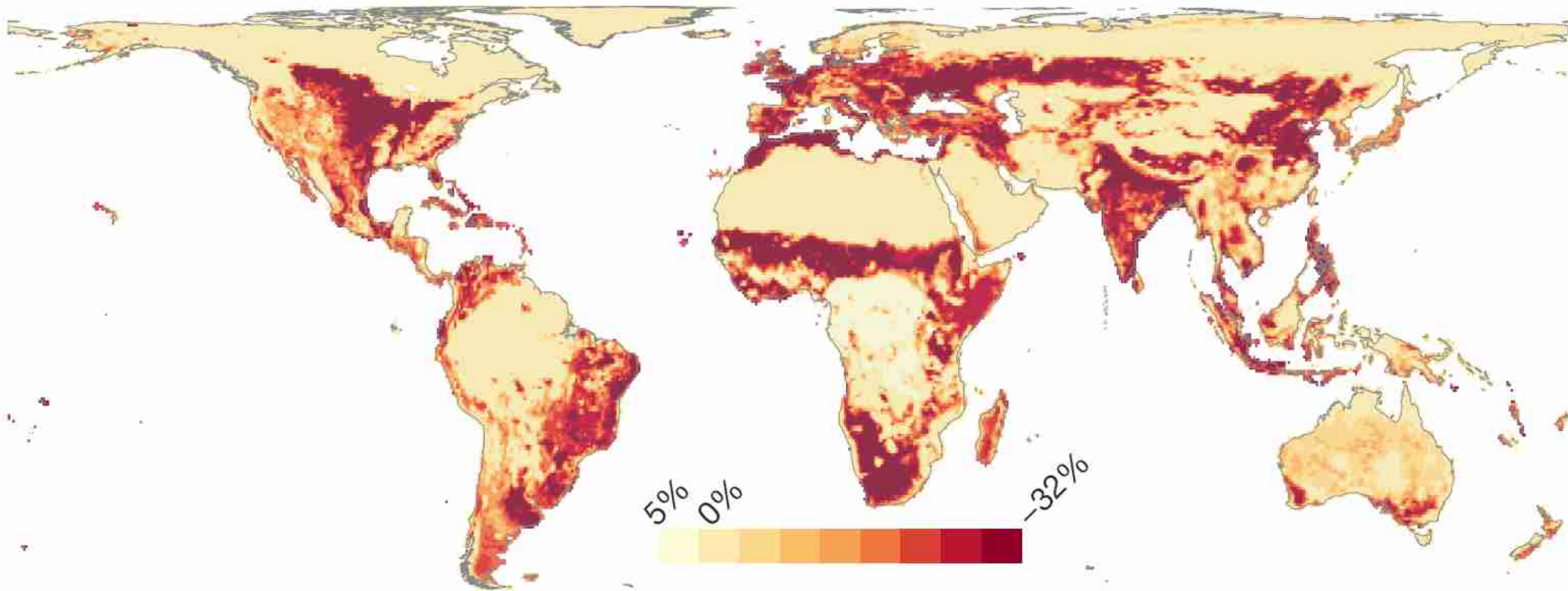


What are the consequences of our
lifestyles?

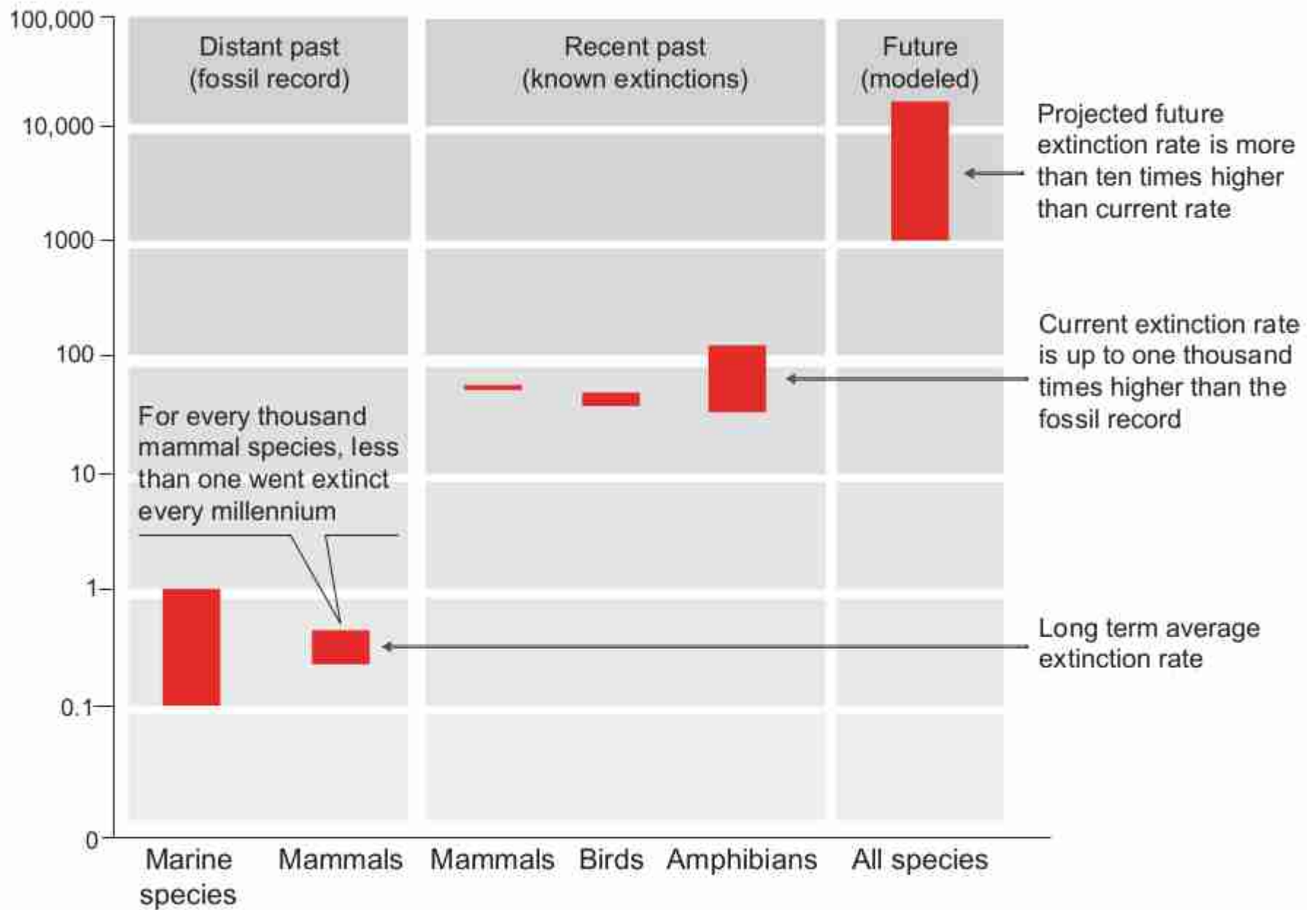




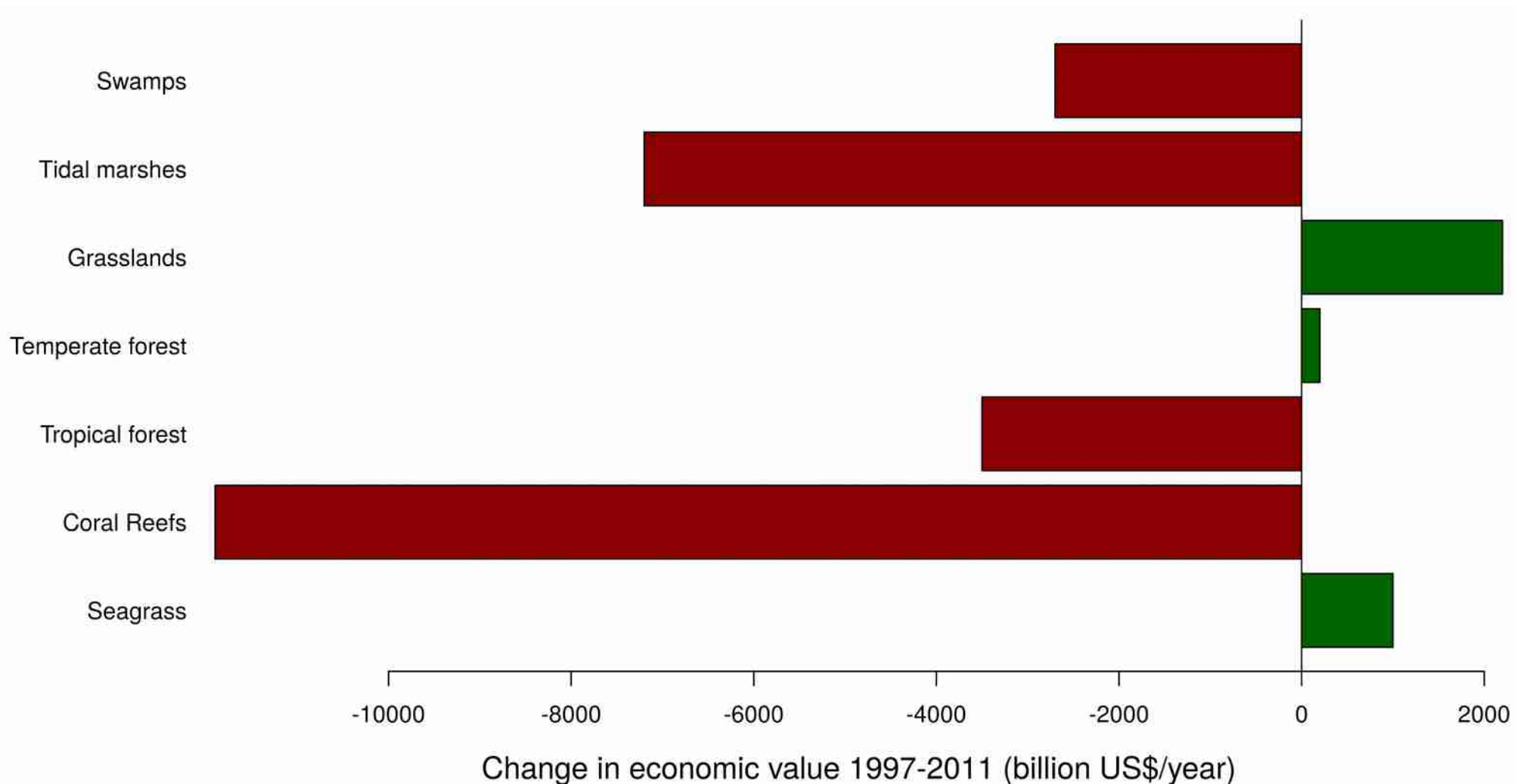
Hoffmann et al. 2010. The impact of conservation on the status of the world's vertebrates. *Science*, p.1194442.



Newbold et al. 2015. Global effects of land use on local terrestrial biodiversity. *Nature*, 520, 45.



Why should we care?



Costanza et al. (2014) Changes in the global value of ecosystem services.
 Global Environmental Change 26, 152–158.

Ethical reasons

- Moral standing
- Moral rights
- Moral significance

- Virtue ethics

Why do we harm nature?

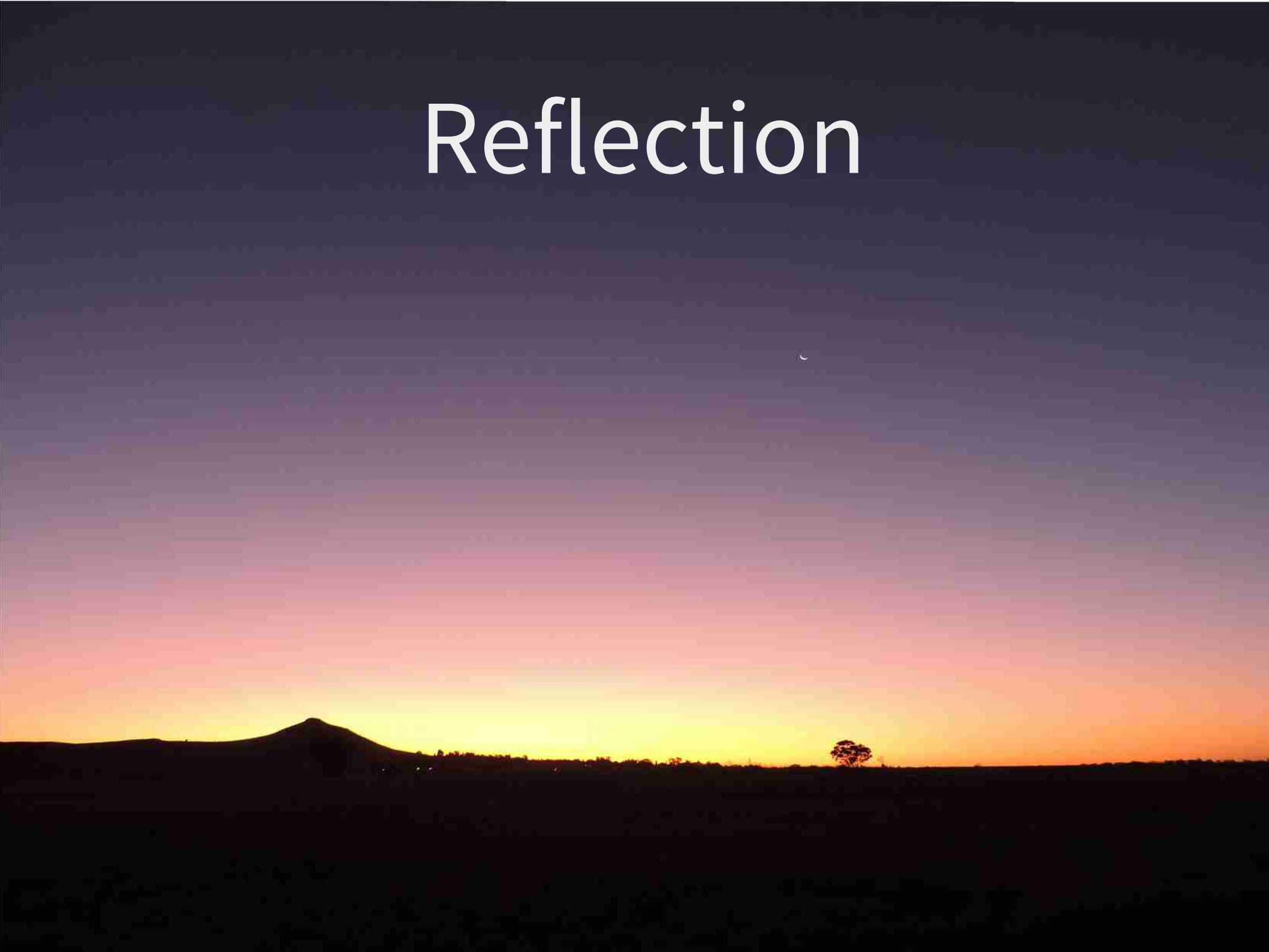
Infrastructure

Institutions

Indifference

Information

Reflection



Is your life meaningful?

Is your life meaningful?

- Do you know where your life is going?
- Do you have purpose?
- Do you have self-worth?
- Do you have autonomy over your life?

Questions	My responses						
1) I understand my life's meaning	Very false (1)	False (2)	Mostly false (3)	Neutral (4)	Mostly true (5)	True (6)	Very true (7)
2) I am looking for something that makes my life feel meaningful	Very false (1)	False (2)	Mostly false (3)	Neutral (4)	Mostly true (5)	True (6)	Very true (7)
3) I am always looking to find my life's purpose	Very false (1)	False (2)	Mostly false (3)	Neutral (4)	Mostly true (5)	True (6)	Very true (7)
4) My life has a clear sense of purpose	Very false (1)	False (2)	Mostly false (3)	Neutral (4)	Mostly true (5)	True (6)	Very true (7)
5) I have a good sense of what makes my life meaningful	Very false (1)	False (2)	Mostly false (3)	Neutral (4)	Mostly true (5)	True (6)	Very true (7)
6) I have discovered a satisfying life purpose	Very false (1)	False (2)	Mostly false (3)	Neutral (4)	Mostly true (5)	True (6)	Very true (7)
7) I am always searching for something that makes my life feel significant	Very false (1)	False (2)	Mostly false (3)	Neutral (4)	Mostly true (5)	True (6)	Very true (7)
8) I am seeking a purpose or mission for my life	Very false (1)	False (2)	Mostly false (3)	Neutral (4)	Mostly true (5)	True (6)	Very true (7)
9) My life has a clear purpose	Very false (1)	False (2)	Mostly false (3)	Neutral (4)	Mostly true (5)	True (6)	Very true (7)
10) I am searching for meaning in my life	Very false (1)	False (2)	Mostly false (3)	Neutral (4)	Mostly true (5)	True (6)	Very true (7)

Not
meaningful

Middle

Very
meaningful



10

40

70

- Presence of meaning
 - Q2, Q3, Q7, Q8, Q10.
 - Satisfaction, Love, Joy, Agreeableness, Extraversion, Intrinsic religiosity, conscientiousness
 - Fear, anger, shame, sadness, neuroticism, depression
- Search for meaning
 - Q1, Q4, Q5, Q6, Q9
 - Fear, shame, sadness, neuroticism, depression

Steger et al. (2006) The meaning of life questionnaire: assessing the presence of and search for meaning in life. *Journal of Counselling Psychology*, 53, 80-93

Are you connected with nature?

Are you connected with nature?

- 1) Limits to growth
- 2) Balance of nature
- 3) Anti-anthropocentrism
- 4) Human exceptionalism
- 5) Possibility of eco-crisis

Questions	My responses				
1) We are approaching the limit of the number of people the earth can support	Strongly agree (5)	Agree (4)	Unsure (3)	Disagree (2)	Strongly disagree (1)
2) Humans have the right to modify the natural environment to suit their needs	Strongly agree (1)	Agree (2)	Unsure (3)	Disagree (4)	Strongly disagree (5)
3) When humans interfere with nature, it often produces disastrous consequences	Strongly agree (5)	Agree (4)	Unsure (3)	Disagree (2)	Strongly disagree (1)
4) Human ingenuity will insure that we do NOT make the earth unlivable	Strongly agree (1)	Agree (2)	Unsure (3)	Disagree (4)	Strongly disagree (5)
5) Humans are severely abusing the environment	Strongly agree (5)	Agree (4)	Unsure (3)	Disagree (2)	Strongly disagree (1)
6) The earth has plenty of natural resources if we just learn how to develop them	Strongly agree (1)	Agree (2)	Unsure (3)	Disagree (4)	Strongly disagree (5)
7) Plants and animals have as much right as humans to exist	Strongly agree (5)	Agree (4)	Unsure (3)	Disagree (2)	Strongly disagree (1)
8) The balance of nature is strong enough to cope with the impacts of modern industrial nations	Strongly agree (1)	Agree (2)	Unsure (3)	Disagree (4)	Strongly disagree (5)
9) Despite our special abilities, humans are still subject to the laws of nature	Strongly agree (5)	Agree (4)	Unsure (3)	Disagree (2)	Strongly disagree (1)
10) The so-called ecological crisis facing humankind has been greatly exaggerated	Strongly agree (1)	Agree (2)	Unsure (3)	Disagree (4)	Strongly disagree (5)
11) The earth is like a spaceship with very limited room and resources	Strongly agree (5)	Agree (4)	Unsure (3)	Disagree (2)	Strongly disagree (1)
12) Humans were meant to rule over the rest of nature	Strongly agree (1)	Agree (2)	Unsure (3)	Disagree (4)	Strongly disagree (5)
13) The balance of nature is very delicate and easily upset	Strongly agree (5)	Agree (4)	Unsure (3)	Disagree (2)	Strongly disagree (1)
14) Humans will eventually learn enough about how nature works to be able to control it	Strongly agree (1)	Agree (2)	Unsure (3)	Disagree (4)	Strongly disagree (5)
15) If things continue on their present course, we will soon experience a major ecological catastrophe	Strongly agree (5)	Agree (4)	Unsure (3)	Disagree (2)	Strongly disagree (1)

Human
centred

Middle

Ecocentric



15

45

75

Ecological footprint

How many planets do we need to support your lifestyle?



www.footprintcalculator.org

Will consuming less, reduce your
meaning of life?

Ensure that your consumption
adds meaning to your life

