



# A Better Story of Happiness

Andy Bannister



[www.solas-cpc.org](http://www.solas-cpc.org)



# APPLICATION FOR EMPLOYMENT

PERSONAL INFORMATION

NAME (LAST, FIRST, MIDDLE)

## RESUME

### OBJECTIVE

To obtain a position in the account ma

### QUALIFICATIONS

10 years experience managing  
plus 2 supplemental course  
integrated profess

More Than Our CV?





More Than Our CV?



Psychologist  
Tim Kasser's  
**Aspiration  
Index**

## Ecclesiastes (c. 500BC)

I undertook great projects: I built houses for myself and planted vineyards. I made gardens and parks and planted all kinds of fruit trees in them. I made reservoirs to water groves of flourishing trees ... I also owned more herds and flocks than anyone in Jerusalem before me. I amassed silver and gold for myself, and the treasure of kings and provinces. I acquired male and

female singers, and a harem as well—the  
delights of a man's heart ... I denied myself  
nothing, I refused my heart no pleasure.

female singers, and a harem as well—the delights of a man's heart ... I denied myself nothing, I refused my heart no pleasure.

So I hated life, because the work that is done under the sun was grievous to me. All of it is meaningless, a chasing after the wind. So my heart began to despair over all my toilsome labour under the sun.

# Google

happiness|

happiness

happiness

happiness



happiness

# The Four Levels of Happiness

1	
2	
3	
4	

Adapted from Robert Spitzer, *Ten Universal Principles: A Brief  
Philosophy of the Life Issues* (Ignatius Press, 2011)

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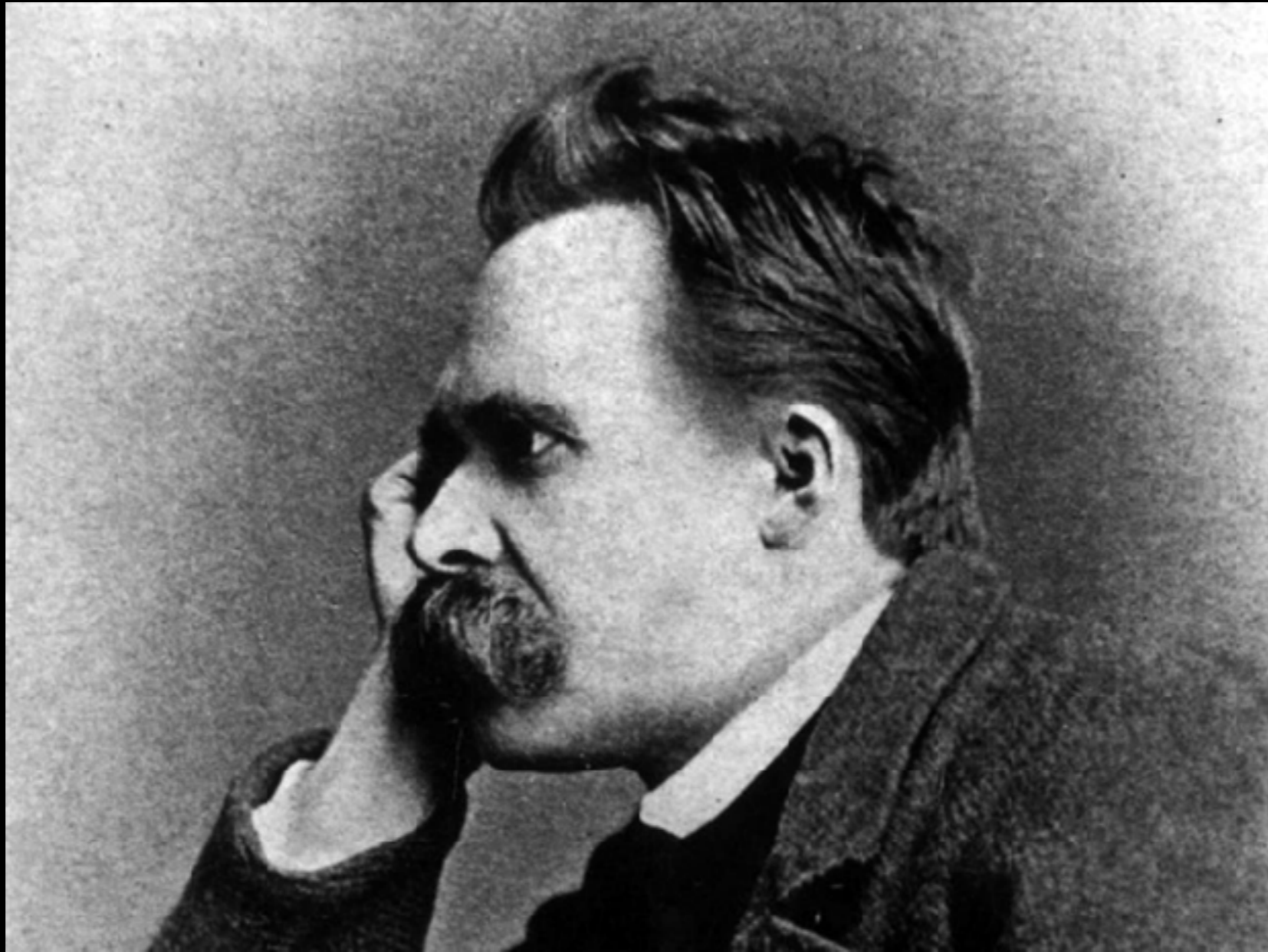


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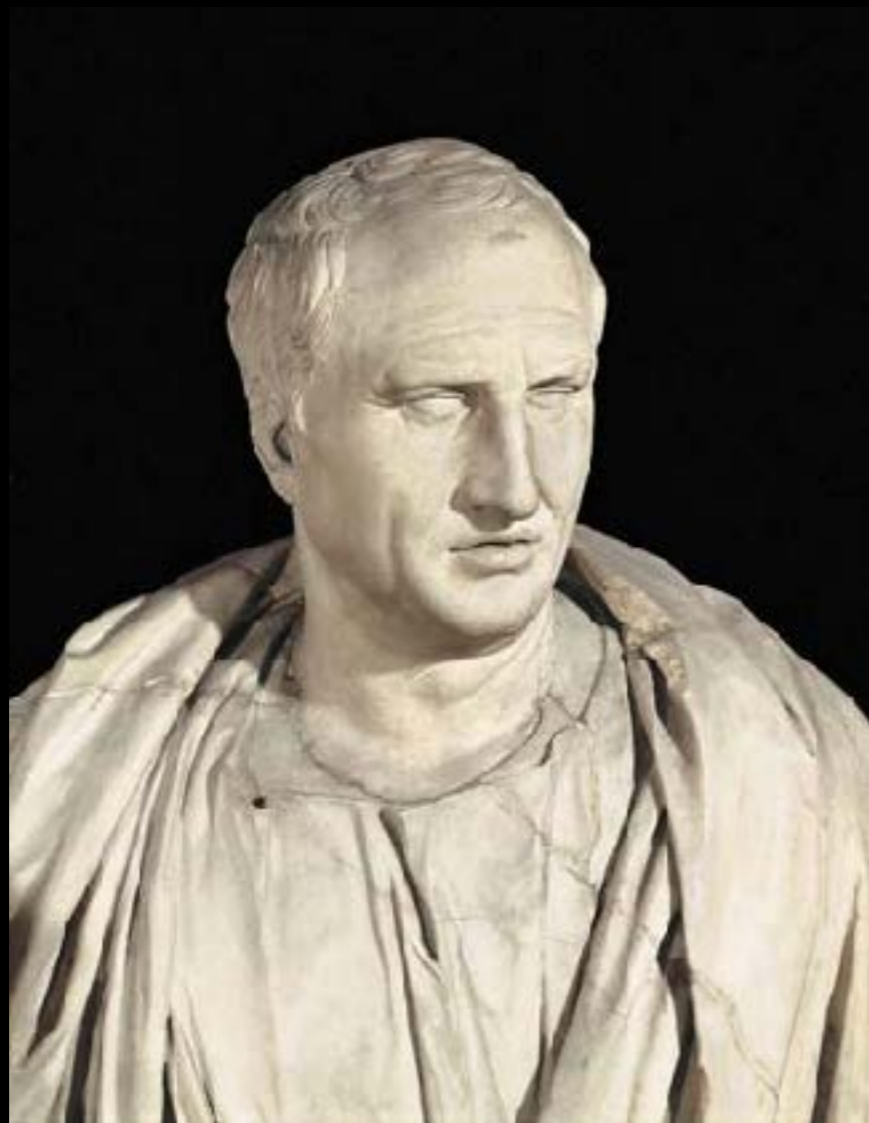


Friedrich Nietzsche  
(1844-1900)

cynicism

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Cicero  
(106BC-43BC)



Augustine  
(AD354 - AD430)



# Two Requirements for True Satisfaction

1. We need to **love** the right thing
2. An **ultimate source** of joy  
outside of ourselves

What defines you is not what  
you do, but **what you love**

What defines you is not what  
you do, but **what you love**

(Or to put it another way,  
**what you worship**)



David Foster Wallace  
1962 - 2008

In the day-to-day trenches of adult life, there is actually no such thing as atheism. There is no such thing as not worshipping. Everybody worships. The only choice we get is what to worship. And an outstanding reason for choosing some sort of God or spiritual-type thing to worship ... is that pretty much anything else you worship will eat you alive. If you worship money and things — if they are where you tap real meaning in life — then you will never have enough. Never feel you have enough. It's the

truth. Worship your own body and beauty and sexual allure and you will always feel ugly, and when time and age start showing, you will die a million deaths before they finally plant you ...  
Worship power — you will feel weak and afraid, and you will need ever more power over others to keep the fear at bay. Worship your intellect, being seen as smart — you will end up feeling stupid, a fraud, always on the verge of being found out. And so on.

David Foster Wallace



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<b>4</b>	<b>Encountering the ultimate source of joy and satisfaction</b>

CHARLIE  
**DUKE**



# MOON WALKER

The true story of  
an astronaut who  
found that the moon  
wasn't high enough  
to satisfy his desire  
for success.







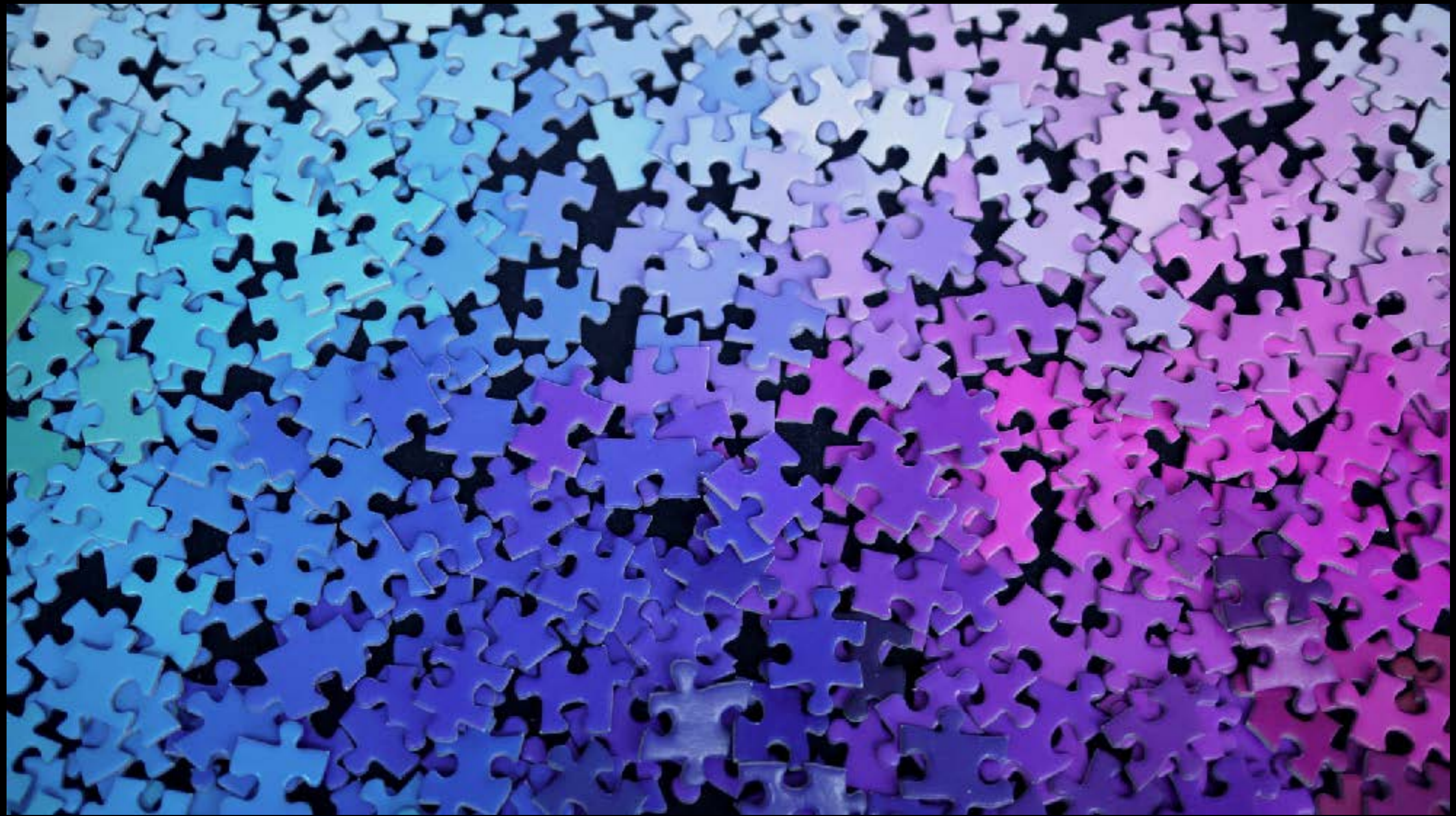


“I used to say I could live ten thousand years and never have an experience as thrilling as walking on the moon. But the excitement and satisfaction of that walk doesn’t begin to compare with my walk with Jesus, a walk that lasts forever.”

Charlie Duke

*Moonwalker: The True Story of an Astronaut Who Found that the Moon Wasn't High Enough to Satisfy His Desire for Success (Murfreesboro, TN: Rose Petal Press, 2011)*





Putting it back together



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Jesus said: “I have come that you may have life, and have it to the full.”

The Bible: John 10:10



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### Have You Ever Wondered?

**HAVE YOU EVER WONDERED?**

**Why are humans drawn to beauty?**  
by Mary Jo Sharp

Have You Ever Wondered Why Are Humans Drawn to Beauty?

**HAVE YOU EVER WONDERED?**

**What God thinks of you?**  
by David Nelson

Have You Ever Wondered What God Thinks of You?

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**Why we preserve the past?**  
by Annie Wilson

Have You Ever Wondered Why We Preserve The Past?

**HAVE YOU EVER WONDERED?**

**Why humans are attracted to the spiritual?**  
by Gareth Black

Have You Ever Wondered Why Humans Are Attracted To The Spiritual?

**HAVE YOU EVER WONDERED?**

**Why Black lives matter?**  
by Clare Williams

Have You Ever Wondered Why Black Lives Matter?

**HAVE YOU EVER WONDERED?**

**Why music has the power to move us?**  
by Michael Ots

Have you ever wondered why music has the power to move us?

HAVE YOU EVER

HAVE YOU EVER

HAVE YOU EVER

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Watch Now

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Watch Now

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Watch Now

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