

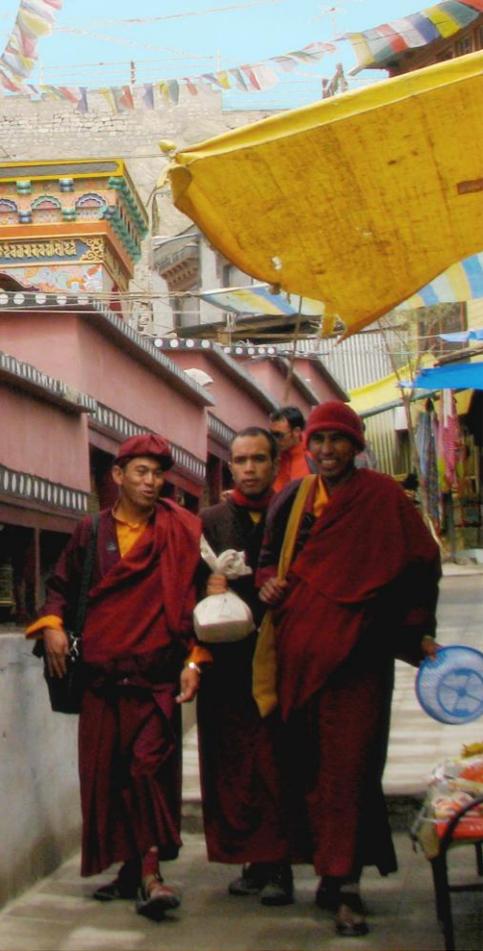
# Study and Reflection Guide for *The Economics of Happiness*♦

by Amy Cavender, CSC



The following is offered as a guide for study and reflection. Some questions are designed to help viewers remember the material presented in the film; others invite viewers to reflect further on that material and to consider ways in which they might respond.

1. The film presents eight “inconvenient truths” about globalization. How would you explain each of these to someone who has not seen the film?
  - a. Globalization makes us unhappy.
  - b. Globalization breeds insecurity.
  - c. Globalization wastes natural resources.
  - d. Globalization accelerates climate change.
  - e. Globalization destroys livelihoods.
  - f. Globalization increases conflict.
  - g. Globalization is built on hand-outs to big business.
  - h. Globalization is based on false accounting.
2. In what ways has globalization undermined the community in Ladakh? What have been the economic, social, and spiritual effects?
3. How would you explain the difference between *globalization* and *internationalization* (or international cooperation/global community)? How can we avoid the problems of the first without giving up the benefits of the second?
4. What do we (or I) really need to be happy?
5. In what way(s) does consumerism influence our (my) identity? Are there any steps we (I) might want to take to lessen that influence? If so, what are they?
6. How much is enough? At what point is economic growth no longer necessary or desirable?



7. Why is the Genuine Progress Index (GPI) a more accurate measure of progress than GDP?
8. In what ways is localization economically beneficial?
9. What concrete steps might we (or I) take toward supporting the local economy?
10. What policies might we (or I) encourage the government to take that would shape the economy in positive ways?

*The Economics of Happiness* may be borrowed from the Sisters of the Holy Cross Congregation Justice Committee (CJC)/Holy Cross International Justice Office (HCIJO) film library by contacting Dana Taylor at [dtaylor@cscsisters.org](mailto:dtaylor@cscsisters.org).

An excellent list of resources for further learning and reflection can be found at <http://theeconomicsofhappiness.org/learn-more>.



♦ The film, along with links to additional resources, is available at <http://theeconomicsofhappiness.org/>.

Photo credits: Top of page one - Mopop; bottom, right photo – Koshyk; all other photos, courtesy of McKay Savage. Some Rights Reserved