Eight Traits of an Ethically Healthy Culture: Insights from the Beatitudes

David W. Gill

Abstract
Here are 10 scientific insights published in peer-reviewed journals from the past year that we anticipate will be cited in scientific studies, help shift public debate, and change individual behavior in the year to come. A meaningful life is different—and healthier—than a happy one. The research we cover here at the Greater Good Science Center is often referred to as “the science of happiness,” yet our tagline is “The Science of a Meaningful Life.” Meaning, happiness—is there a difference? New research suggests that there is. The idea was to see if the positive traits—grit and gratitude—mitigated the negative ones. Since depression is a large contributing factor to suicide, they controlled for that variable throughout the study.

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At the end of the Sermon on the Mount, we are told, Now when Jesus had finished saying these things, the crowds were astounded at his teaching (Matt 7:28). This article argues that Jesus Beatitudes teaching is not just for Christians huddling together in some ecclesiastical enclave but is a truly astounding source of wisdom for the crowds today, for all of life, including business. We the disciples of Jesus can truly *salt* and *light* our companies and marketplaces if we will live out and promote these characteristics.

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98 E. Fulton Street
Grand Rapids, MI 49503

Contact Us

Phone: 616.454.3080
Fax: 616.454.9454

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