**Satisfaction**

**As an observer, I understand the problem. I write a column about human happiness for The Atlantic and teach classes on the subject at Harvard. I know that satisfaction is one of the core “macronutrients” of happiness (the other two being enjoyment and meaning), and that its slippery nature is one of the reasons happiness is often so elusive as well. *(Arthur C. Brooks, in The Atlantic)***

**An entirely satisfactory man is one who gives his heart to God, his money to his wife, and asks nothing for himself. *(Ed Howe)***

**As we wind our way through life, I explained, satisfaction – the joy from fulfillment of our wishes or expectations – is evanescent. No matter what we achieve, see, acquire, or do, it seems to slip from our grasp.(Arthur C. Brooks, in The Atlantic)**

**Half the world, dissatisfied with what it has, doesn’t know how the other half can be satisfied with what it hasn’t. *(Evan Esar, in 20,000 Quips & Quotes, p. 698)***

**The unending race against the headwinds of homeostasis has a name: the “hedonic treadmill.” No matter how fast we run, we never arrive. “At home I dream that at Naples, at Rome, I can be intoxicated with beauty, and lose my sadness,” Ralph Waldo Emerson wrote in his 1841 essay, “Self Reliance.”**

**I pack my trunk, embrace my friends, embark on the sea, and at last wake up in Naples, and there beside me is the stern fact, the sad self, unrelenting, identical, that I fled from. *(Arthur C. Brooks, in The Atlantic)***

**Honesty is the best policy, but many people are satisfied with less than the best. *(Evan Esar, in 20,000 Quips & Quotes, p. 698)***

**Even the most successful people suffer from the dissatisfaction problem. I remember once seeing LeBron James – the world’s greatest basketball player – with a look of abject despair on his face after his Cleveland Cavaliers lost the NBA championship to the Golden State Warriors. All of the world’s wealth and accolades were like straw in that moment of loss*. (Arthur C. Brooks, in The Atlantic)***

**There is no hope for the satisfied man. *(Frederick G. Bonfils, Denver Post founder)***

**Some 83 percent of respondents said the state of the economy was “poor” or “not so good.” in a poll from The Wall Street Journal and NORC at the University of Chicago. That’s the highest dissatisfaction level since NORC, a nonpartisan research organization, began asking the question in 1972. *(The Wall Street Journal, as it appeared in The Week magazine, June 17, 2022)***

**It’s so simple, and yet its power is deeply encoded within us. Give a 3-year-old the french fry she is reaching for and see her satisfied expression. But then, after a couple of seconds, watch the wanting return. And that’s the actual problem, isn’t it? The Stones’ song should really have been titled “(I Can’t Keep No) Satisfaction.” It’s almost as if our brains are programmed to prevent us from enjoying anything for very long. *(Arthur C. Brooks, in The Atlantic)***

**Man is meant for happiness and this happiness is in him, in the satisfaction of the daily needs of his existence. (Leo Tolstoy)**

**Voters who back a losing presidential candidate can experience as much as a 30 percent temporary reduction in all-around life satisfaction following the election, studies have found. That's a larger drop in happiness than Boston residents experienced following the Boston Marathon bombing. (TheAtlantic.com, as it appeared in The Week magazine, November 20, 2020)**

**What really makes people satisfied with their lives? The secret may lie in a person's ability to handle life's blows without passivity, blame or bitterness. These are the conclusions of a study of 173 men who have been scrutinized at regular intervals since they graduated from Harvard in the early 1940s. The study, reported in the American Journal of Psychiatry, defined emotional health at age 65 as the “clear ability to play and to work and to love,” and a feeling of satisfaction with life. Researchers found that the men who fared best were pragmatic and dependable and were close to their siblings at college age. Many factors in early life, even devastating problems in childhood, had virtually no effect on well-being at 65. However, severe depression at some point in adult life caused persistent emotional or physical problems. “In the long run, people are extraordinarily adable,” says Dr. George E. Vaillant, a psychiatrist at Dartmouth Medical School, who, together with his wife, social worker Caroline O. Vaillant, reported the most recent findings. One potent predictor of well-being was the ability to handle emotional crisis maturely. The best way, the study found, is to control the first impulse and give a more measured response. “You can acknowledge the clouds, but also see the silver lining,” says Dr. Vaillant. (Daniel Goleman, in New York Times)**

**Satisfaction is what a woman feels when she hears herself praised or another woman criticized. *(Evan Esar, in 20,000 Quips & Quotes, p. 698)***

**Man wants but little here below, but woman isn’t so easily satisfied. *(Evan Esar, in 20,000 Quips & Quotes, p. 698)***

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