**Cambridge English B for the IB Diploma: Teacher resource**

**Audio scripts**

**Audio track 2**

**Host:** On this week’s podcast, we talk to Jason Botswain from the Institute for Consumer Awareness, who has done research on the effects of spirituality on levels of happiness. This may seem like a big jump from our usual discussions on this show about money, wealth and the economy, but his findings are very relevant for understanding consumerism in the United States. Thank you for joining us today, Jason.

**Jason:** It’s a pleasure to be here.

**Host:** I’d like to start by asking you: Isn’t it odd for the Institute of Consumer Awareness to be doing research on spirituality?

**Jason:** No not at all. I understand the confusion, but a great number of Americans consider themselves to be spiritual, and many practise religion regularly. And if you look at their spending patterns, you begin to notice some remarkable trends.

**Host:** Can you tell us how you looked at their spending patterns?

**Jason:** Yes, we surveyed three hundred people across the economic spectrum who claimed to be ‘spiritual’. And we surveyed three hundred self-acclaimed atheists. And the spending patterns were somewhat different.

**Host:** And who were the big spenders? Atheists or the religious?

**Jason:** Well, atheists and spiritual people do not spend more or less than the other. But it’s *what* they spend their money on and how it translates into happiness that was interesting.

**Host:** Can you explain?

**Jason:** Look, we’ve known for decades that religion reduces corruption and increases respect for law, which acts as an overall economic boost. But our surveys showed that something else was going on. Spiritual people seem to be happier with what they were spending their money on.

**Host:** What do you mean exactly by ‘happy’? And how does spirituality come into play here?

**Jason:** Well, we found that spiritual people have five things in common. They are gracious and compassionate. They flourish and self-actualise. And they take time to savour life experiences. While ‘happiness’ is tough to define, I think these things come close to defining it.

**Host:** And how do these five things translate into spending patterns?

**Jason:** Well, as you might guess, they really do give more to non-profit organisations, such as churches. And they feel rewarded when these organisations do more for society, such as helping the homeless. That gives them a kind of rush or high.

**Host:** And besides donating to good causes, what else do they spend their money on, which adds to their happiness?

**Jason:** Well, it’s probably better to ask what they do *not* spend their money on, such as cheap gadgets that end up in a landfill or gym memberships that they never use. It seems that spiritual people are more focused in life and also in their spending patterns. You could say they’re very value-driven people.

**Host:** In other words they don’t buy things they don’t need?

**Jason:** (fade out) Well... less so than non-spiritual people. But we’re all human and we’re all make useless purchases that make us feel guilty in the end.