



**DOING GOOD
THINGS BETTER**

BRIAN MARTIN



First published 2011 by

Irene Publishing
Ed, Sweden
irene.publishing@gmail.com

ISBN 978-91-978171-1-0

This book is available free online at
<http://www.bmartin.cc/pubs/11gt/>

Contents

1 Introduction	1
2 Writing	7
3 Happiness	51
4 Citizen advocacy	99
5 Honour codes	131
6 Health	155
7 Organisations	185
8 Chamber music	199
9 Conclusion	211
Appendix	221
Index	239

Acknowledgements

I wrote this book using the writing programme described in chapter 2. Over many months, I wrote 200 to 300 words per day, chapter by chapter — sometimes interrupted by other writing projects — until I completed a first draft. Along the way, I read more about the topics, talked to friends about the issues, checked references and revised what I had written.

Tara Gray, in her twelve-step programme for high productivity, specifies a two-step approach to seeking comments on drafts. First you give drafts to non-experts, who will point out things needing explanation and help with expression and making an argument. After making revisions, you then give drafts to experts, who will pick up on inaccuracies and omissions. I followed these guidelines, more or less.

For our weekly writing group meetings, I took along some parts of the text, where they received valuable scrutiny. The support and feedback from the writing group members have been highlights of this process. It is a pleasure to thank Paula Arvela, Anu Bissoonauth-Bedford, Trent Brown, Narelle Campbell, Rae Campbell, Vicki Crinis, Emma Dalton, Bryce Fraser, Peter Gibson, Frank Huang, Nicola Marks, Michael Matteson, Anne Melano, Ian Miles, Ben Morris, Jenn Phillips, Kirsti Rawstron and Rowena Ward.

I also gave full chapters to individuals for comment. Each chapter contains a footnote acknowledging these helpful readers. Malcolm Wright and Scott Armstrong advocate checking every

significant citation with the author.¹ I didn't quite achieve this, but I did send drafts to some individuals who are quoted or cited in the text, to confirm that my reference to their work was accurate. When they replied "Yes, it's fine," I have not explicitly thanked them, in keeping with the convention that a citation is itself a type of acknowledgement. I greatly appreciate each author who took the time to reply.

Lyn Carson, Ian Miles and Yasmin Rittau took on the challenge of reading through the entire manuscript. As well as their comments on specific points and chapters, I benefited from their guidance concerning organisation of the book.

As well as those who commented on drafts, I learned a lot from discussions with a wide range of people. One of the gratifying things about examining good things is that so many people are keenly interested in them.

Colin Steele and Tom Worthington gave me valuable advice about open access publishing. I had told them about my desire for all my future books to be available free online.

One of the findings from research is that happiness can be increased by expressing gratitude. In that context, it is a pleasure to thank everyone who contributed to making this book better than it otherwise would have been.

¹ Malcolm Wright and J. Scott Armstrong, "The ombudsman: verification of citations: faulty towers of knowledge," *Interfaces*, 38 (2), March-April 2008, 125–132. I thank Scott Armstrong for replying to my query about this citation with helpful corrections and comments.