

THE FUTURE OF HAPPINESS

**Richard
Layard**

25 September 2018

ACTION FOR HAPPINESS



The Happiness Revolution

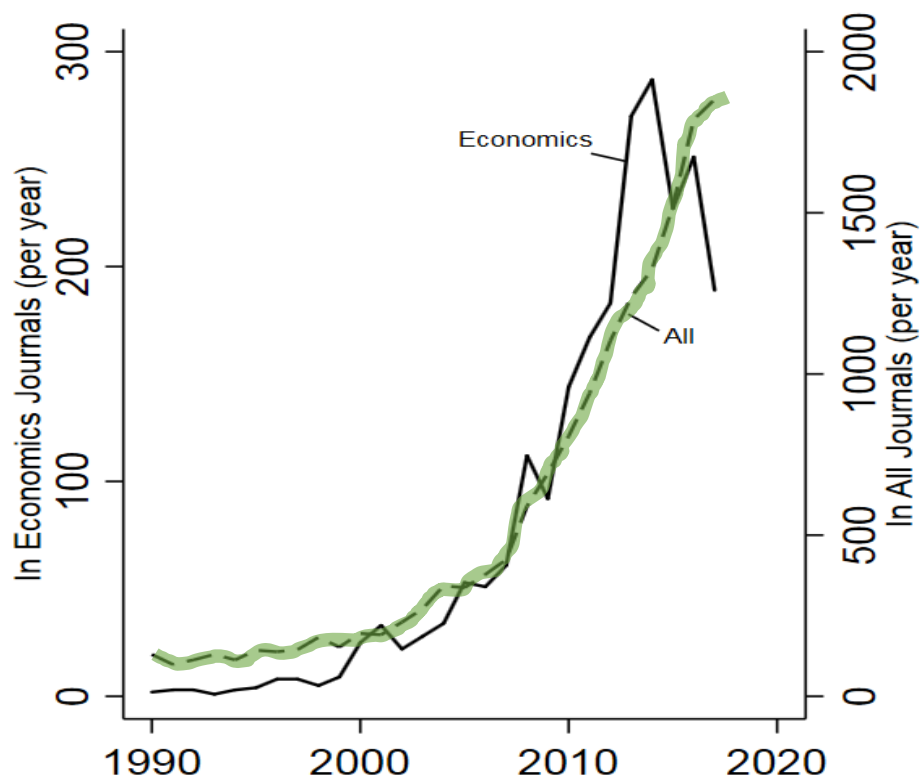
- 1. The two cultures and the happiness principle**
- 2. The science of happiness**
- 3. The role of Action for Happiness**
- 4. Hope for the future**

Two different cultures



The Science of Happiness has been growing fast

Articles on Happiness in academic journals (1990-2016)



Note: number of papers with reference in title or abstract to 'subjective wellbeing, life satisfaction, happy or happiness'

The Happiness Revolution



**New
Ethics**



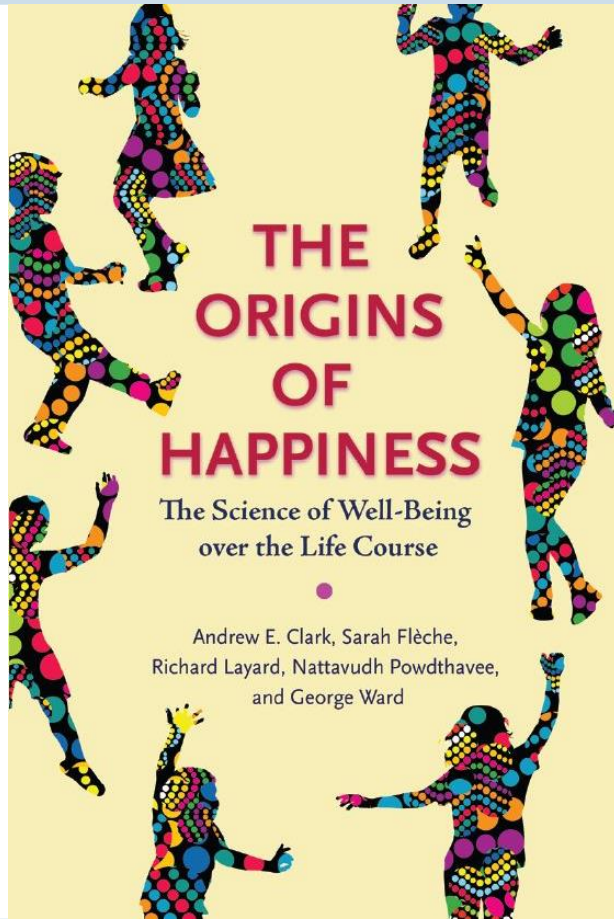
**Mind
Training**



**Science
& Policy**

The Happiness Revolution

Book: The Origins of Happiness

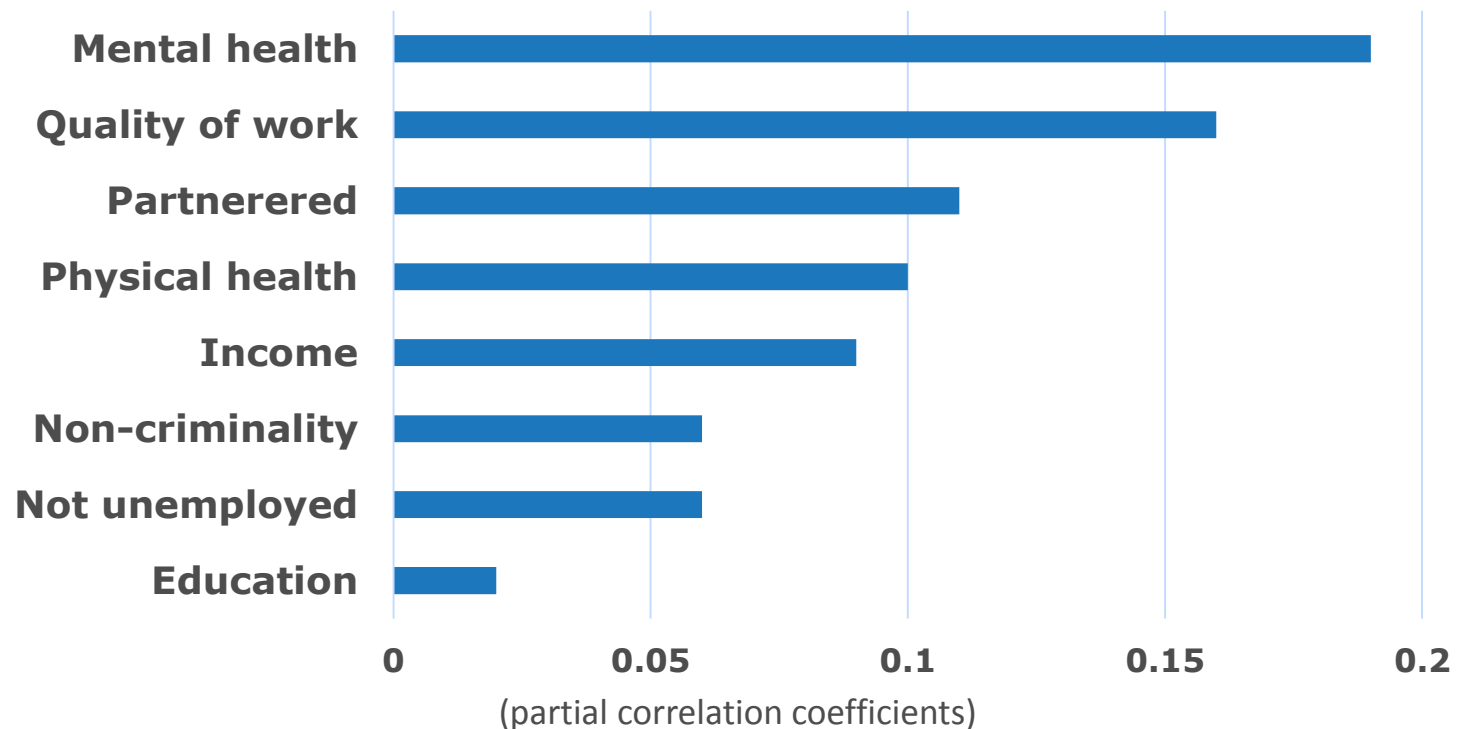


The science of well-being over the life course

Andrew E. Clark
Sarah Flèche
Richard Layard
Nattavudh Powdthavee
George Ward

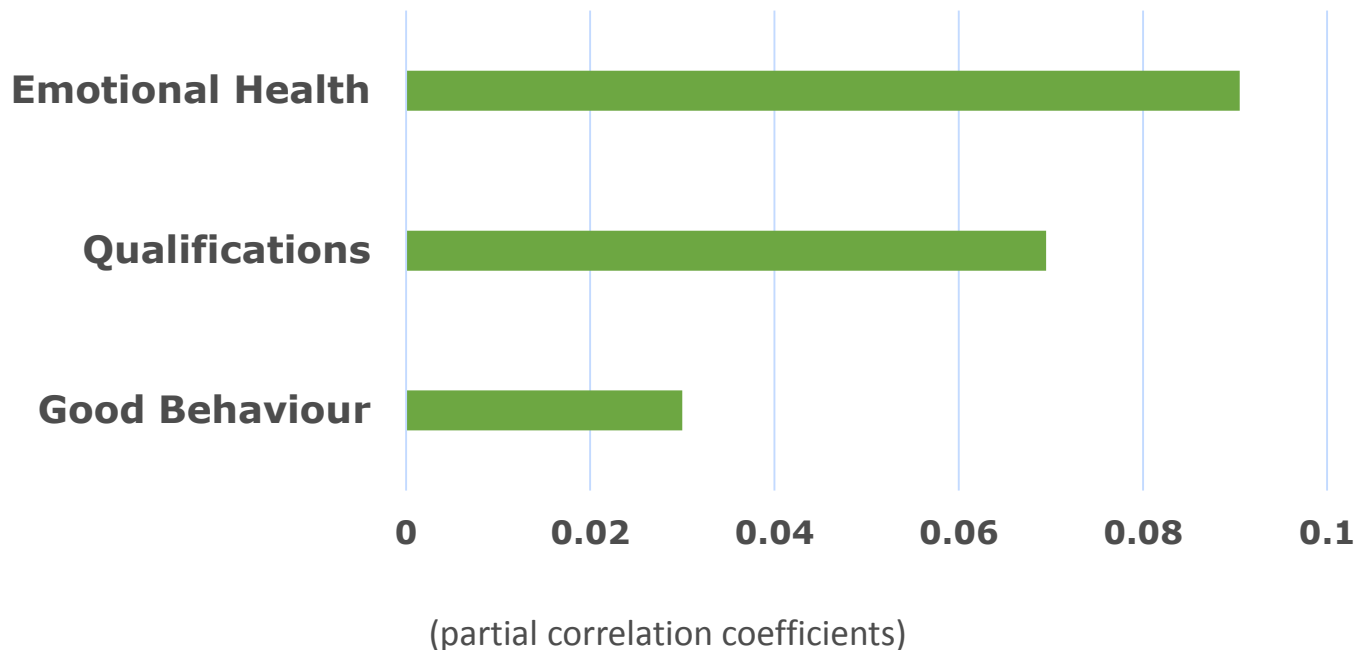
Relational and personal factors matter most

Which current life circumstances explain Life Satisfaction?



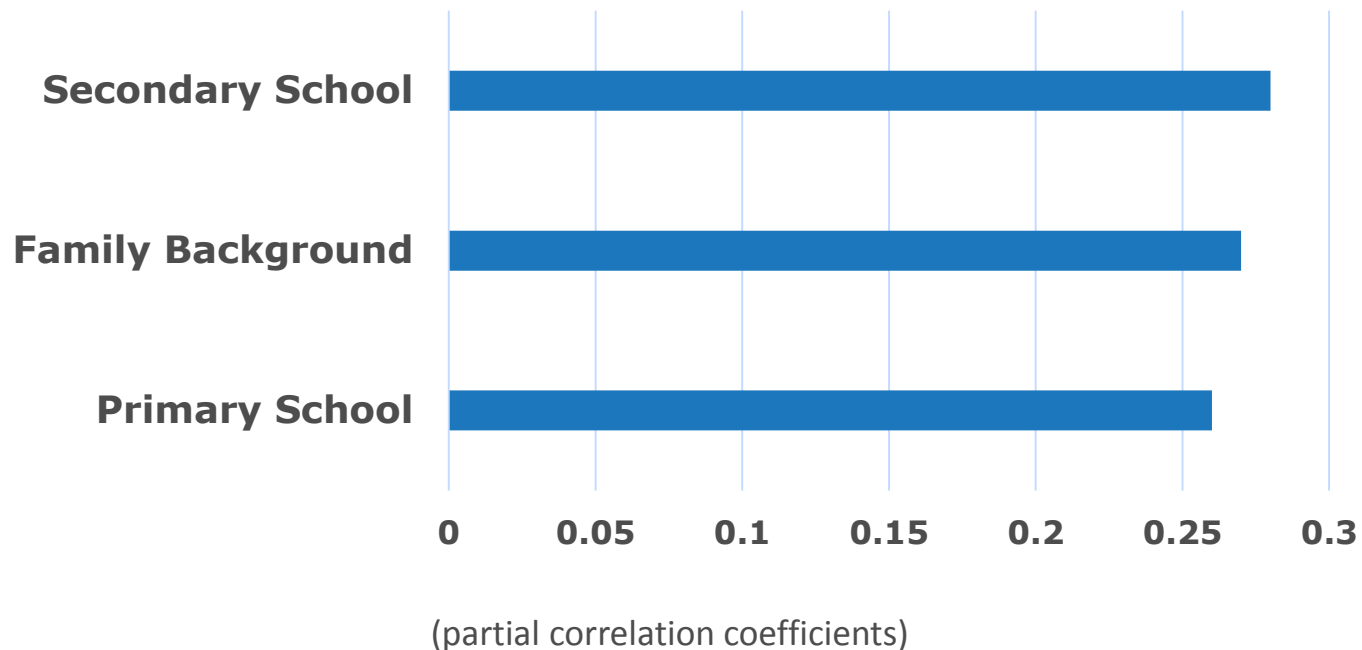
Children's emotional health is vitally important

Which aspects of child development (at age 16) best predict adult Life Satisfaction?



Schools can really make a difference

What predicts a child's Emotional Health? (at age 16)



The world is taking Happiness more seriously

The World Happiness Report



<http://worldhappiness.report>

Top 3 happiest countries

1. Finland (7.63)
2. Norway (7.60)
3. Denmark (7.56)

US and UK

18. United States (6.89)
19. United Kingdom (6.81)

3 least happy countries

154. South Sudan (3.25)
155. Central African Rep. (3.08)
156. Burundi (2.90)

The World Happiness Summit



**WORLD
HAPPINESS
SUMMIT™ 2018**
COME FEEL THE SCIENCE™

ACTION FOR HAPPINESS

MARCH 16 - 18
UNIVERSITY OF MIAMI
SHALALA STUDENT CENTER

TICKETS AVAILABLE AT

HAPPINESSSUMMIT.WORLD

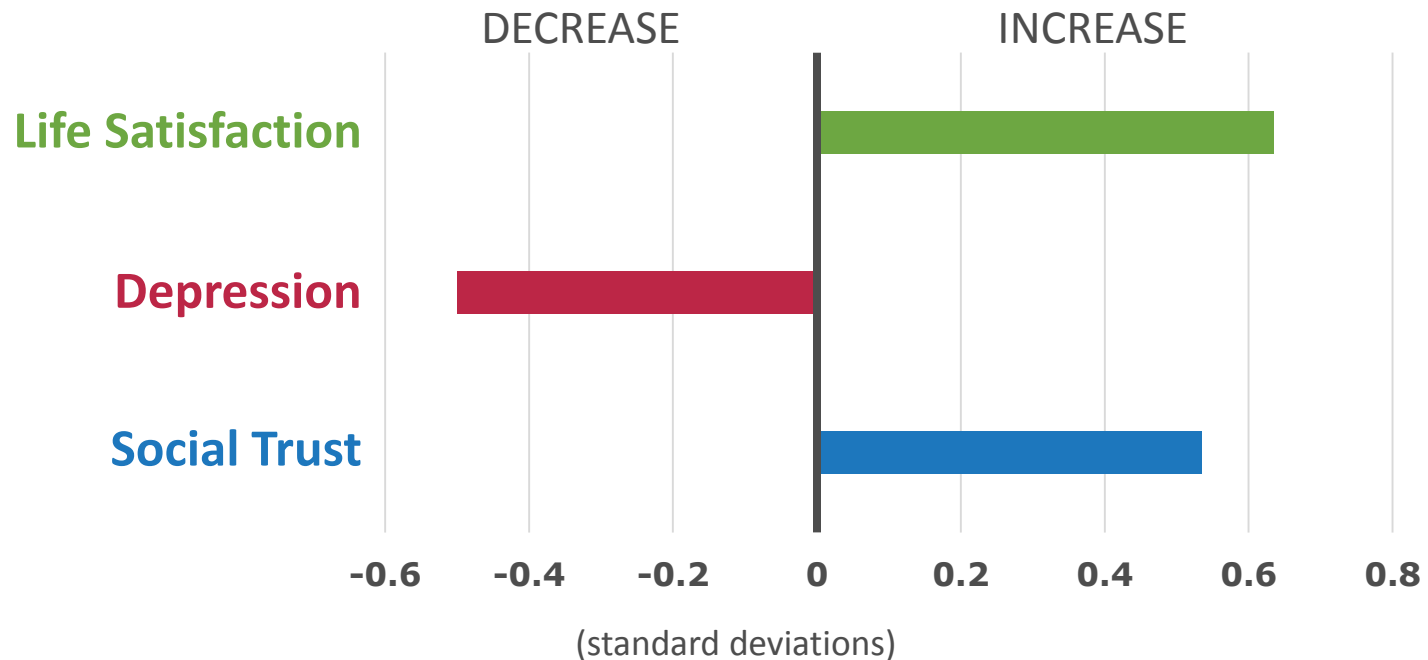
The Exploring What Matters course



ACTION FOR HAPPINESS

New study shows the course brings big benefits


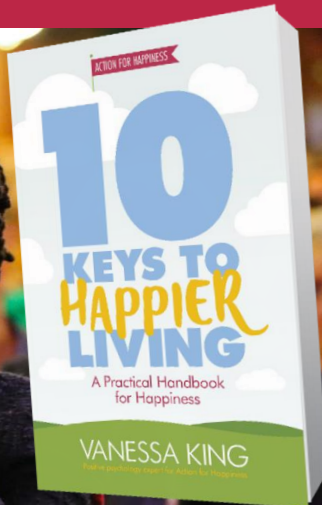
Impact of the Exploring What Matters course (2 months after completion)



Other ways we help people take action



Support for individuals



Resources for schools



Training for organisations



Get-Togethers for local groups



ACTION FOR HAPPINESS

www.actionforhappiness.org

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Questions for discussion

1. What can Action for Happiness do to make a bigger impact?
2. How can you contribute more to a happier society?



“I will try to create more happiness and less unhappiness in the world around me”



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