



All the Happiness in the World

How people live in the 30 happiest countries in the world

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- A journey to the 30 happiest countries in the world
- Looking into what exactly happiness is and if actually one can measure it
- Gathers evidence from three different sources - World Happiness Report, authors, and local heroes

Everyone strives for happiness – Aristotle already knew that. But what exactly is happiness? And can you measure it? A journey to the 30 happiest countries in the world brings this abstract topic closer to the reader. We look at happiness from three different perspectives. Based on the World Happiness Report, a scientific report commissioned by the WHO which ranks countries according to people's life satisfaction, the book presents the 30 happiest countries. Authors and local heroes tell us how they experience their own happiness in each respective country.