

## How Much Do You Know About Happiness?

### *True or False*

1. \_\_\_ Americans view happiness as more important than money, moral goodness, or even going to heaven.
2. \_\_\_ Happiness studies show that individuals can be trained to be 25 % happier
3. \_\_\_ Americans on average rate themselves at the 70% happiness level
4. \_\_\_ ¼ of Americans are depressed
5. \_\_\_ 14% of the nations on the Earth are less than 50% happy
6. \_\_\_ 37% of the people on the Forbes Wealthiest list are less happy than the average American
7. \_\_\_ American's personal income has increased by 250% over the last 50 years, but their happiness level has remained the same.
8. \_\_\_ American children are happy 52% of the time, neutral 29% of the time and unhappy 19% of the time.
9. \_\_\_ Happy people tend to live longer
10. \_\_\_ Studies show that the US is suffering with an epidemic of addictions, leaving our society unhappy and clinically depressed
11. \_\_\_ According to statistics, one half of the population suffers from one or more addictions at a time.