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.