

Happiest countries

- 1 Denmark
- 2 Switzerland
- 3 Iceland
- 4 Norway
- 5 Finland
- 6 Canada
- 7 Netherlands
- 8 New Zealand
- 9 Austria
- 10 Sweden

Least happy countries

- 148 Madagascar
- 149 Tanzania
- 150 Liberia
- 151 Guinea
- 152 Rwanda
- 153 Benin
- 154 Afghanistan
- 155 Togo
- 156 Syria
- 157 Burundi

Source year: 2015

The authors of these reports explain that war, civil unrest, and poorly functioning societies cause unhappiness, which in turn leads to poor health, lack of trust, lack of cooperation, and a lower ability to manage life problems. In contrast, well-functioning societies make people happier, which then helps them live longer, be more trusting, cooperate better, and manage their lives better – which means happy countries naturally become even happier.

The countries which changed their level of happiness the most between 2005 and 2015 (according to available statistics) are:

Greatest increase in happiness

- 1 Nicaragua
- 2 Sierra Leone
- 3 Ecuador
- 4 Moldova
- 5 Latvia
- 6 Chile
- 7 Slovakia
- 8 Uruguay
- 9 Uzbekistan
- 10 Russia

Greatest decrease in happiness

- 117 Ukraine
- 118 Spain
- 119 Italy
- 120 India
- 121 Yemen
- 122 Venezuela
- 123 Botswana
- 124 Saudi Arabia
- 125 Egypt
- 126 Greece

Source year: 2015

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in contrast i motsats
according to enligt
available tillgänglig
increase ökning
decrease minskning
Latvia Lettland



Exercises in the Workbook: 5, 7, 17, 18, 20, 21, 29