

Why Givers Are Happier

Giving to others is good for the heart and soul, but did you know that generosity can also promote your own well-being? A growing body of research revealed some fascinating facts about the relationship between GIVING and HAPPINESS. Here's a breakdown of some of the most interesting insights.

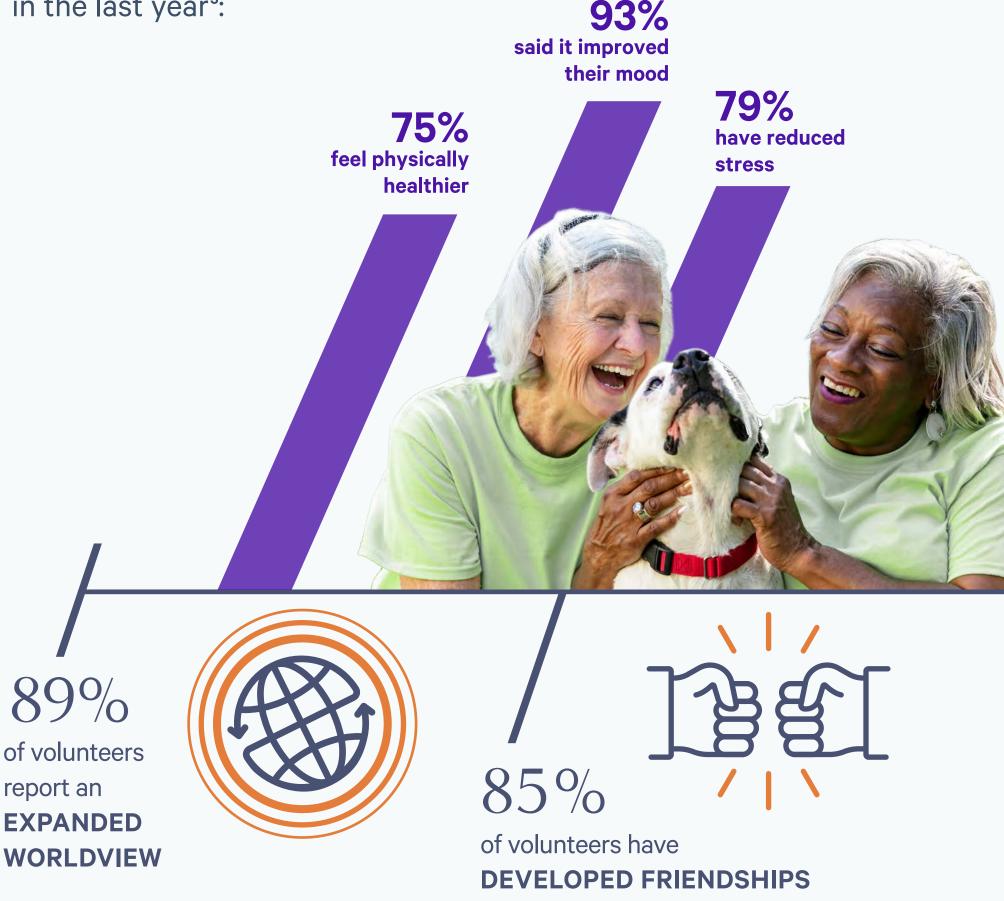
A SURVEY OF 632 AMERICANS FOUND THAT spending money on other people is associated with significantly greater happiness¹





VOLUNTEERED in the last year³:

Studies show that those who



through volunteering

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2 Elizabeth W. Dunn, Michael I. Norton. "How to Make Giving Feel Good" Greater Good Magazine, 2013.