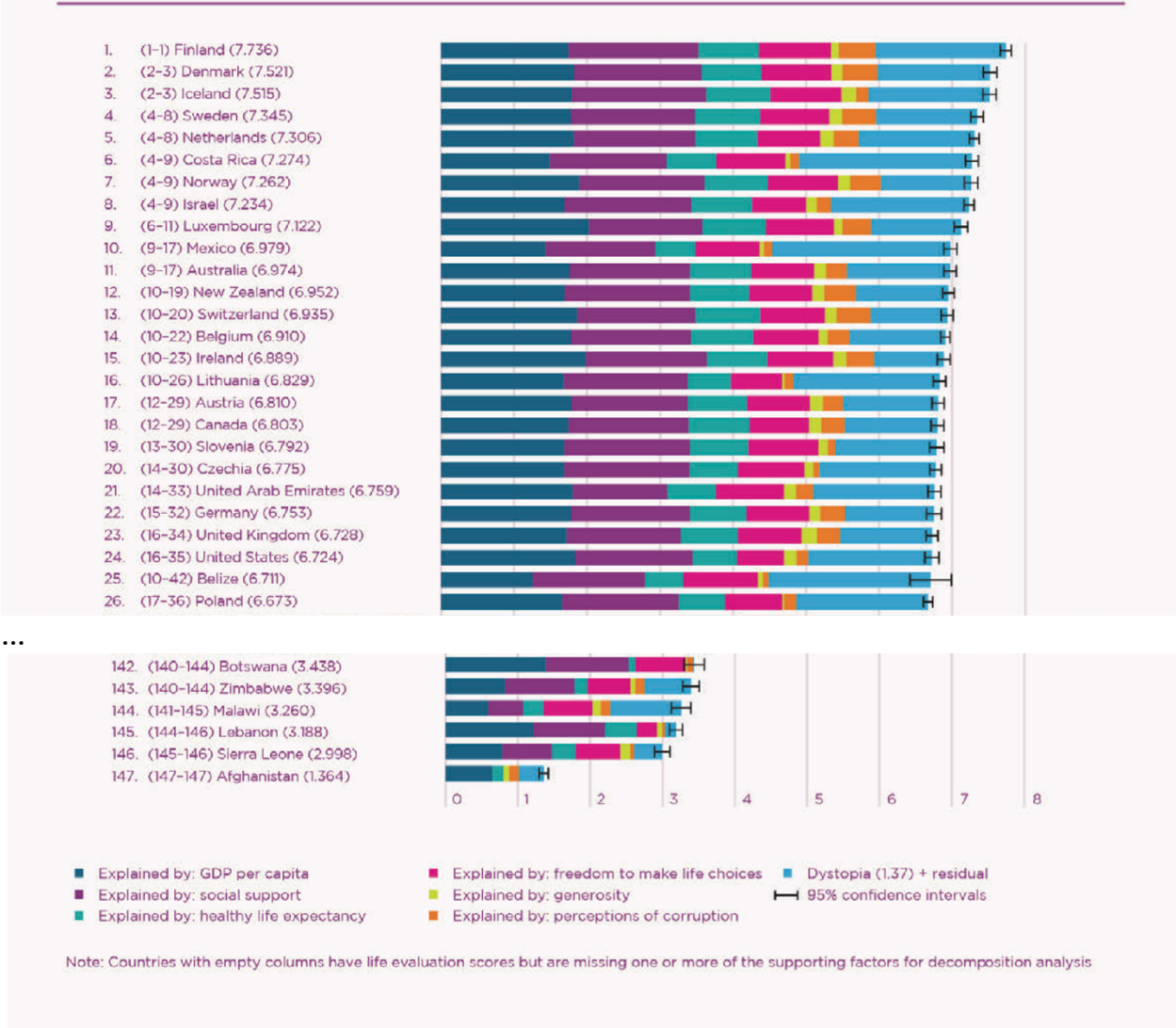


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 Pages 18-19

Figure 2.1: Country rankings by life evaluations (part 1)

 Gallup World Poll (2022–2024)



Chapter 1, page 6

- Sharing meals has a strong impact on subjective wellbeing – on par with the influence of income and unemployment. Those who share more meals with others report significantly higher levels of life satisfaction and positive affect, and lower levels of negative affect. This is true across ages, genders, countries, cultures, and regions.
- In the United States, using data from the American Time Use Survey, the authors find clear evidence that Americans are spending more and more time dining alone. In 2023, roughly 1 in 4 Americans reported eating all of their meals alone the previous day – an increase of 53% since 2003. Dining alone has become more prevalent for every age group, but especially for young people.

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Chapter 5, pp. 126 and 130

Introduction

Young adults across the globe face increasing mental health challenges. Once considered one of the happiest phases of life, young adulthood has taken a troubling turn.¹ Young people in North America and Western Europe now report the lowest wellbeing among all age groups. In fact, *World Happiness Report 2024* found that the fall in the United States' happiness ranking was largely due to a precipitous decline in wellbeing among **Americans** under 30.²

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Despite the overall trend that young adults report higher social connection than older adults, countries vary on the age-related differences in the quantity of social connection (Figure 5.3A). For example, this pattern is flipped in the United States, Japan, and Australia, where young adults

report the lowest social connection among all age groups. In the United States, 18% of young adults (aged 18–29) reported not having anyone that they feel close to, whereas 15% of adults aged 30–44 reported no social connection.

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Chapter 2, Pp. 31 and 48

The second valuable use of the wallet questions is to see whether people are too optimistic or too pessimistic about the benevolence of others. This was first done by comparing experimentally dropped wallets in Toronto with large samples of answers from Toronto respondents to the Canadian General Social Survey. The expected rate of return was 23% and the actual return was over 80%.³⁸ In the same vein, the 40-country study showed actual return to be much higher than expected (1.8 times). Finally, two-thirds of 200 wallets dropped in 20 North American cities were returned, far higher than the author expected,³⁹ and double that expected by US respondents to the wallet stranger question in our 2019 data.⁴⁰ Collectively, these data on expected and actual wallet return show that people are far too pessimistic about the benevolence of others.⁴¹ We show later that expected benevolence is a

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40 Of the 20 cities, 18 were in the United States and 2 in Canada. The expected rate of return for wallets found by strangers is 34% in the US and 39% in Canada.