Contents

Chapter 1. Introduction 7

Chapter 2. What is happiness? 11

Chapter 3. The big things in life 21

Chapter 4. Can money buy you happiness? 33

Chapter 5. Good institutions go a long way 49

> Chapter 6. How does trust contribute

to happiness? 57

Chapter 7. Nordic freedom and tolerance 67

> Chapter 8. The many things that don't matter 75

Chapter 9. How old is Nordic happiness? 87

> Chapter 10. Conclusions 95