

Title: Podcast clip from Dr. Robert Biswas-Diener: Can Money Buy Happiness?
Money buys a little bit of happiness, especially at the national level, but money is a very small slice of the overall pie, with relationships being the much larger slice.

Guest: Dr. Robert Biswas-Diener, Psychologist

Describer: Image of a close-up of part of a US dollar bill. Words Displayed: Dr. Robert Biswas-Diener
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Images of city skyline and big crowds of people walking.

Voice over: ROBERT BISWAS-DIENER Money buys a little bit of happiness, especially at the national level. If you live in, are born in, or move to a wealthy country, your happiness benefits.

Describer: Image of city park. Words Displayed: more non-corrupt police forces, more equality, more economic opportunity, better green spaces, better infrastructure,

Voice over: ROBERT BISWAS-DIENER In fact, people who migrate from poor countries to rich countries become happier and that's because richer countries have, in general, more non-corrupt police forces, more equality, more economic opportunity, better green spaces, better infrastructure, and things that just translate to a little bit of livability. That doesn't guarantee happiness for every individual citizen, of course, so you can't really say all we need to focus on is money. And, in fact, money just becomes one very, very small slice of the overall pie, and it is relationships that is the much larger slice of the pie.

Describer: Images of family and children. Words Displayed: Trust, Fun, Values,

Voice over: ROBERT BISWAS-DIENER But when we look at the happiest people and the least happy people, the thing that seems to separate and qualify those distinct groups is that the happiest people reliably have high-quality social relationships, people they trust, they can turn to for support, they can have fun with, they share values with, and so forth.

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