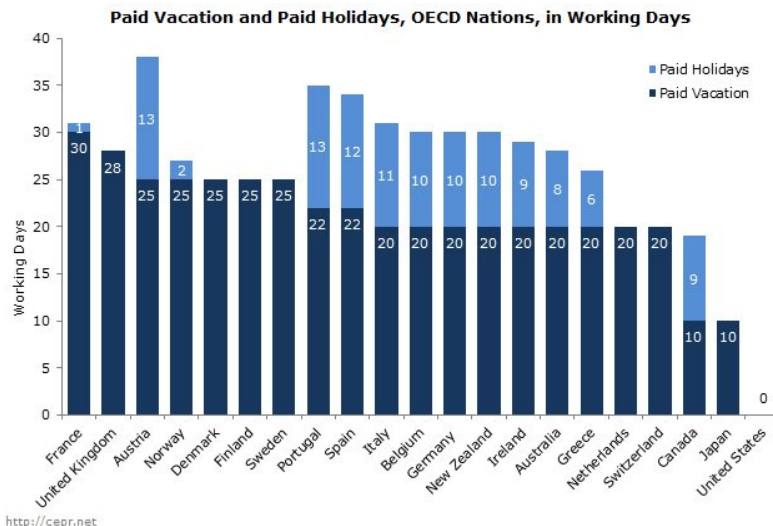


1. “Emotional well-being [the ‘frequency and intensity of experiences of joy, stress, sadness, anger, and affection...’] rises with log-income, but there is no further increase beyond an annual income of ~\$75,000.” (Kahneman & Deaton, 2010, “High income increases evaluation of life but not emotional well being”)
2. “Although the correlation between income and happiness in national samples is small in the United States, it is nevertheless true that the richest people are on average more satisfied with their lives than the poorest group.... As one ascends the income ladder, [income] produces diminishing returns for happiness...” (Diener, E. 2005, APS note on income and happiness)
3. “Does education influence happiness...? If one operationalizes ‘education’ as highest level of formal education attained... and ‘happiness’ as whatever is measured by standardized single-item or multi-item indexes of happiness or life satisfaction [the standard measures in this area of research]... education has very little influence on happiness. ...” (Michalos, A. 2008, *Social Indicators Research*, emphasis added)
4. “In a survey of 8,622 people in ten European countries, life satisfaction had a higher correlation with nonwork satisfaction (average .68) than work satisfaction (average .52)... In a study by Argyle (1996), volunteer and charity work were found to generate high levels of joy, exceeded only by dancing.” (Argyle, M. 1999, *Causes and correlates of happiness*)
5. “Does extra work buy happiness and well-being? ... Overtime work hours generally are associated with increased work stress, fatigue and work–family interference. When overtime work is required, this appears to offset the otherwise greater happiness and mental healthiness produced by its additional income.” (Golden & Wiens-Tuers, 2006, *To your happiness?*)



About 41% of Americans do not use all of their vacation time. (<https://www.projecttimeoff.com/research/overwhelmed-america>)