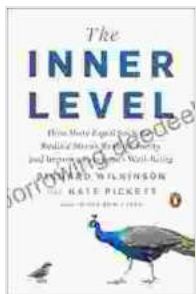


How More Equal Societies Reduce Stress, Restore Sanity, and Improve Everyone's Well-Being

In a world that often feels increasingly divided, it's easy to lose sight of the importance of equality. But research shows that more equal societies are not only fairer, but they're also healthier and happier for everyone, regardless of their socioeconomic status.

How Equality Reduces Stress

One of the most damaging effects of inequality is that it can lead to chronic stress. When people feel like they're constantly being left behind, they're more likely to experience anxiety, depression, and other health problems.



The Inner Level: How More Equal Societies Reduce Stress, Restore Sanity and Improve Everyone's Well-Being by Richard G. Wilkinson

★★★★☆ 4.6 out of 5

Language : English
File size : 22322 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 351 pages
Screen Reader : Supported

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This is because stress is a natural response to threats. When we feel like our survival is at stake, our bodies release hormones like cortisol and adrenaline. These hormones help us to fight or flee from danger. But when we're constantly exposed to stress, these hormones can start to damage our health.

More equal societies can help to reduce stress by providing a more level playing field for everyone. When people feel like they have a fair chance to succeed, they're less likely to feel threatened and stressed.

How Equality Restores Sanity

In addition to reducing stress, more equal societies can also help to restore sanity. When people feel like they're being treated fairly, they're more likely to trust others and to believe in the system.

This is important because trust is essential for a healthy society. When people trust each other, they're more likely to cooperate and work together. They're also more likely to be tolerant of different viewpoints and to be open to new ideas.

Inequality, on the other hand, can lead to distrust and social division. When people feel like they're being treated unfairly, they're more likely to withdraw from society and to become cynical.

How Equality Improves Everyone's Well-Being

More equal societies are not only better for the individuals who live in them, but they're also better for the overall economy. When everyone has a fair chance to succeed, the entire society benefits from their contributions.

For example, a study by the International Monetary Fund found that countries with more equal income distribution have higher rates of economic growth. This is because more equal societies are more likely to invest in their people, which leads to a more skilled and productive workforce.

In addition to economic benefits, more equal societies also have a number of social benefits. For example, they have lower rates of crime, violence, and poverty. They also have higher levels of social cohesion and trust.

The evidence is clear: more equal societies are better for everyone. They're healthier, happier, and more prosperous. So if you're looking to make the world a better place, start by fighting for equality.

You can do this by supporting policies that promote equal opportunity and reduce income inequality. You can also volunteer your time to help organizations that are working to create a more just and equitable world.

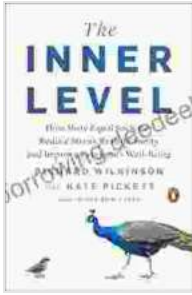
Every little bit helps. So join the fight for equality today!

Additional Information

Here are some additional resources on the benefits of equality:

- [The IMF on the Benefits of Equality](#)
- [The Equality Trust on the Benefits of Equality](#)
- [The United Nations on the Benefits of Equality](#)

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Being by Richard G. Wilkinson

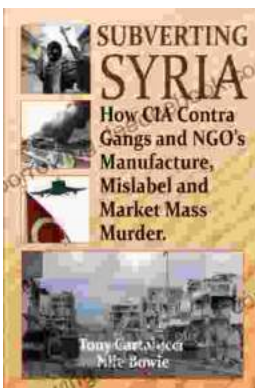
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