

# READING FOR WELL-BEING COMMUNITY BOOK CLUB KIT

Happy Money: The Science of Happier Spending by Elizabeth Dunn  
and Michael Norton (2013, published by Simon & Schuster)

## DISCUSSION QUESTIONS

- 1) Were you surprised by any of the principles for happier spending?
- 2) What strategies for “happier spending” have you applied?
- 3) Did you notice any changes in the recipient when you tried a happier spending strategy?
- 4) Are there certain types of purchases that the happier spending principles don't apply to or that you won't use?
- 5) Have you reconsidered your gifting ideas?

## READING TIP

Find ways to integrate reading into your daily schedule and routines. Read a page while you are making your morning coffee, or listen to a book in podcast form on your way to work to pass the time.

## WELL-BEING TIP

Spending time with others is important for our well-being, but can also cause [loneliness](#), which are negative feelings arising from not spending enough time alone. To maximize well-being, make sure you are finding a balance between cultivating and maintaining meaningful friendships, but also finding some me-time for self-care and hobbies!

## FALL RECIPE

### Pumpkin Chocolate Chip Muffins

Learn how to make them here:

<https://www.the-girl-who-ate-everything.com/pumpkin-chocolate-chip-muffins/>



## ADDITIONAL RESOURCES

Aknin, L. B., Norton, M. I., & Dunn, E. W. (2009). From wealth to well-being? Money matters, but less than people think. *The Journal of positive psychology*, 4(6), 523-527. <https://doi.org/10.1080/17439760903271421>

Coplan, R. J., Hipson, W. E., Archbell, K. A., Ooi, L. L., Baldwin, D., & Bowker, J. C. (2019). Seeking more solitude: Conceptualization, assessment, and implications of loneliness. *Personality and Individual Differences*, 148, 17-26. <https://doi.org/10.1016/j.paid.2019.05.020>

Diener, E., & Seligman, M. E. (2004). Beyond money: Toward an economy of well-being. *Psychological Science in The Public Interest*, 5(1), 1-31. <https://doi.org/10.1111/j.0963-7214.2004.00501001.x>

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Happy Money: The Science of Happier Spending by Elizabeth Dunn  
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Two professors combine their fascinating and cutting-edge research in behavioral science to explain how money can buy happiness—if you follow five core principles of smart spending.

Most people recognize that they need professional advice on how to earn, save, and invest their money. When it comes to spending that money, most people just follow their intuitions. But scientific research shows that those intuitions are often wrong.

Happy Money offers a tour of research on the science of spending, explaining how you can get more happiness for your money. Authors Elizabeth Dunn and Michael Norton have outlined five principles—from choosing experiences over stuff to spending money on others—to guide not only individuals looking for financial security, but also companies seeking to create happier employees and provide “happier products” to their customers. Dunn and Norton show how companies from Google to Pepsi to Charmin have put these ideas into action.

Along the way, Dunn and Norton explore fascinating research that reveals that luxury cars often provide no more pleasure than economy models, that commercials can actually enhance the enjoyment of watching television, and that residents of many cities frequently miss out on inexpensive pleasures in their hometowns.

By the end of this “lively and engaging book” (Dan Gilbert, author of *Stumbling on Happiness*), you’ll be asking yourself one simple question every time you reach for your wallet:

**Am I getting the biggest happiness bang for my buck?**



[Elizabeth Dunn](#)



[Michael Norton](#)

