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Hot Topics is a series of free online resource collections that provide authoritative information and engaging activities that help students and patrons understand important events.

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International Day of Happiness



[Getty Images.]

Webster, happiness is "a state of well-being and contentment." That emotional state the dictionary refers to is arguably different for everyone. So how do you measure happiness? Using existing data and rankings, ABC-CLIO author and geographer Roman Cybrisky has created a unique and complex formula for measuring happiness.

Find out which countries made the happiest list and which are among the unhappiest according to Cybrisky's measurements with the free resources in this Hot Topic.

What makes us happy or unhappy, and why are some places happier than others?

Recognizing that the pursuit of happiness is a fundamental human goal, the United Nations General Assembly established March 20th as the International Day of Happiness. According to

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